



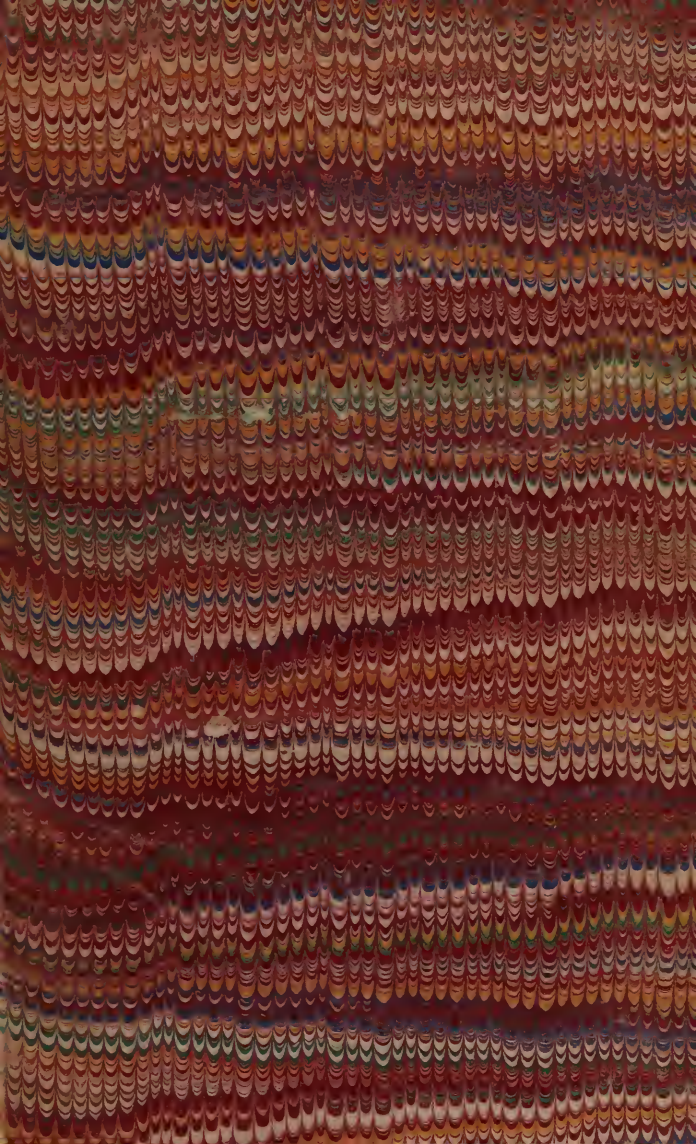
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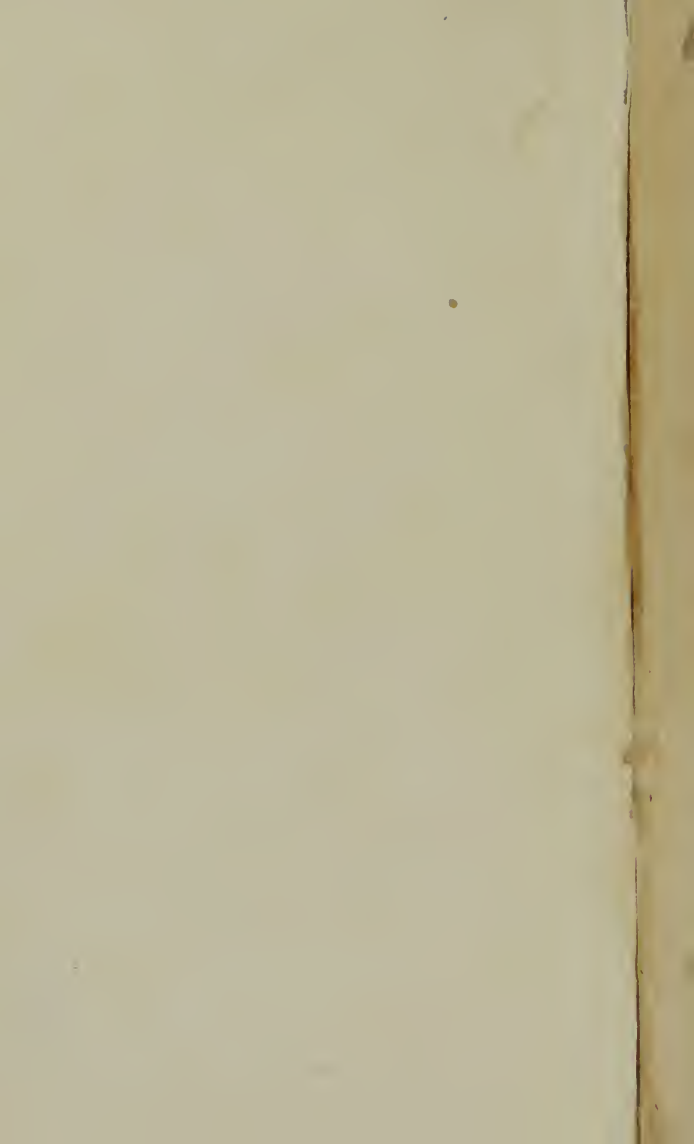
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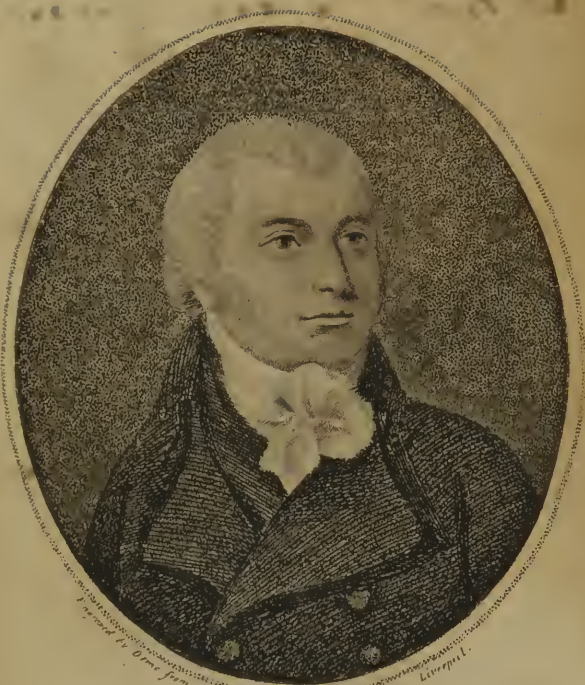
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The Van Junct

New York



*Samuel Solomon. M.D.*

A  
GUIDE TO HEALTH;

OR,  
Advice to both Sexes,

in  
*Nervous and Consumptive Complaints :*

WITH AN ESSAY

on the  
SCURVY, LEPROSY, AND SCROFULA

also,  
ON A CERTAIN DISEASE, SEMINAL WEAKNESS,

and  
*A destructive Habit of a Private Nature.*

To which is added,

AN ADDRESS

To Parents, Tutors, and Guardians of Youth.

WITH

*OBSERVATIONS*

on

The Use and Abuse of Cold Bathing.

---

BY

*S. SOLOMON, M.D.*

---

Fifty-fourth Edition.

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PRINTED FOR THE AUTHOR;

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**T**HE GUIDE TO HEALTH has already passed through fifty-three large editions,\* and still continues to sell with unprecedented rapidity; there is therefore no necessity of an apology for the republication of a work, which has been read and proved so extensively useful to valetudinarians in general.

I have inserted many observations of eminent medical men, in this edition, which I have been proud to acknowledge; for I scorn the man who attributes to himself what he owes to another.

By this "GUIDE", the patient is not only led to behold the true picture of his disorder, whether hereditary or accidental, chronical or acute; but also to the direct and obvious road to obtain a speedy and permanent cure.

\* Proofs incontrovertible can be produced, that One Hundred and Fifty Thousand Copies of this Book have been *BONA FIDE* printed and sold, independant of this impression of ten thousand in number.

Nervous complaints, now so prevalent in Europe, have had a very considerable share of my attention; and those who are unfortunately afflicted with this distressing malady, will, I flatter myself, find this treatise not inferior to any that have yet been published.

The TENDER FEMALE, who by nature is destined to be the preserver of the human race, is alas! liable to many natural indispositions, that render her condition truly wretched and unequal, when compared to the male. For in whatever situation of life she is placed, she seldom enjoys a perfect state of health. If she enters into the wedded state, even from that source of pleasure something bitter arises; and *pregnancy* brings with it a train of loathing, sickness, &c. If she remains single, she will scarcely be able to avoid labouring under some infirmity, because she is “*a stranger to a mother’s pangs*”.

What then can be of more *importance* to a female, than to be properly acquainted with every symptom to which she is peculiarly liable; and how to conduct herself in all such circumstances, without wounding her delicacy by a disclosure of her fears, or her apprehensions, to the rude scrutiny of *pretended friends*!

YOUTH who have unguardedly plunged themselves into licentious love, and feel the dreadful consequences of an impure embrace, (or, what

is still more dreadful, injudicious treatment of a complaint, which has too many illiterate pretenders to cure), will find a faithful GUIDE to HEALTH, and HAPPINESS too, in the perusal of the following sheets.

To the valetudinarian by birth, who has received from his parents the inheritance of a diseased and unprolific frame; the delicate female, whom an immured and inactive life, together with the immoderate use of tea, and other weak and watery aliments, has, without any fault of hers, brought on all the calamitous symptoms of a consumptive habit, and are, without timely assistance, sinking into an untimely grave! the remedies here recommended will afford the most permanent relief, and bestow (under Divine influence) all the comforts of life, which, without HEALTH, is not worth enjoying.

Whatever is recommended is according to the dictates of my judgement, and I am happy to acknowledge the assistance I have derived from eminent medical men, to whose labours I am much indebted: *they have tried the remedies* prescribed as well as myself, and have *not* been AFRAID or ASHAMED to acknowledge their salutary and powerful efficacy; and, as I always considered myself at liberty to adopt what I conceived to be the TRUTH, and reject what appeared to be *wrong*, I have the consolation to reflect that I have not advanced

any *theory*, which I have not myself reduced to PRACTICE.

I cannot think that it is in my power to pay those friends who have honoured me with their confidence and partiality, too great a compliment : my heart is penetrated with gratitude, and I hope the exultation is noways culpable that springs from the reflection, that none have reason to repent of the confidence reposed in me.

“That the knowledge of medicine is only to be obtained by much perseverance, is not to be denied ; nor is it to be denied, that in this age, the gates of knowledge *are open to all men*, or that those who shall *most sedulously* apply themselves will acquire the largest store. Happy it is for this country, that *every SCIENCE is open to every one* who shall choose to explore it : and thrice happy are its people, that the STUDY OF PHYSIC is *not restrained* to those alone, who have passed through various ceremonies ;\* for to their freedom of restraint may we, perhaps, impute the *unrivalled skill* of that celebrated DIVINE,† who has restored *the most amiable of men*‡ from a malady the most affecting in the catalogue of human infirmities.||

\* The Author has however the advantage, if any advantage is to be claimed, i.e. that of having regularly graduated.

† Dr. Willis.

‡ His Majesty.

|| Hypochondriac, or mental affection.

There is a *very important* observation to be made respecting A PUBLIC MEDICINE, that unless its operation be *gentle, safe, and efficacious*, it must and will speedily *sink* into oblivion; for as it has rarely the *great advantage* of a *persuasive* advocate *at the ear of the patient*, so nothing but his conviction of its virtues, by its *salutary effects*, can induce him to *persevere*; and yet reasonable perseverance is certainly *most requisite* to enable even the HAPPIEST combination of chemicals and gale-nicals to *root out* CHRONIC DISEASES, and restore the valetudinarian to health.

“SILENCE were, perhaps, the best remedy to that shaft, which is hourly let fly from the bows of the interested and malevolent, against public medicines, viz. that “*they are advertised remedies!*” but as this *weak* reed appears to be the *favorite* of their quiver, a few words may be thought requisite.—It requires the *strongest* conviction of their *intrinsic* worth and *physical* excellence, by *long and great experience*, to induce an inventor or proprietor of any medicine to incur the *serious and certain* expence of making it known by ADVERTISEMENTS; an expence of no less than FIVE THOUSAND pounds annually to Dr. Solomon; and which a *very great and general demand* can alone defray, and which nothing short of fatuity could induce any one to enter upon without such previous conviction; for it were of small avail to

enter upon the task and expence of making known that remedy, *whose merit will not support its character* when known. No advantage can possibly be derived; but, on the contrary, the close of it must be marked by *great loss of money, and time ill-applied*. It cannot be presumed that the mode of making known the virtues of a medicine, through the medium of a Newspaper, is even *improper, much less disgraceful*. If the REMEDY be of SUPERIOR EFFICACY, it becomes a duty to the public,\* and to himself, that the inventor or proprietor do make it as generally known as possible: and it must not be argued that the *Medicine is debased*, by the channel through which society are made acquainted with it, so long as the *most refined* and most *powerful Courts* in *Europe* address themselves to their people and to the world by means of the *Printing Press*: yet is it not a *truth*, that many an unhappy victim of disease has been *dissuaded*, nay, even *refused* the use of medicines, which might have been ministered to his *relief*, perhaps his *cure*, solely because their *uses* and *properties* had been set forth in a *Newspaper*? as if their efficacy had been diminished or destroyed by being declared through that organ which *KINGS* are *proud* to speak by, and which, *properly* and *justly* employed, must ever produce

\* He who withholds a remedy from the afflicted is in fact guilty of murder.

the *most important* and *substantial blessings* to mankind!

“There is one ADMONITION highly necessary:—it is this; that persons taking medicines, should pay the *most implicit regard* to the directions given therewith, and in particular to conform in *eating, drinking, &c.* for unless the patient will render his *own* assistance towards the operation of the *remedy*, its efficacy must certainly be *weakened*, and often *retarded*, if not totally destroyed: *Science* may, and does teach one how to *prepare* and *apply* the *Productions* of *Nature* for her *aid* against *Disease*; but surely it is not in the power of all the medical men in Europe to *devise a Specific for inconsiderate carelessness*”.

Reader, farewell! I have now done my duty; and rest assured, that the most exalted and refined felicity springs from the unwearied endeavours to lessen the evils of life, and add to the enjoyment of your fellow-creatures.

S. SOLOMON.

Solomon's Place,  
Liverpool.



The following is a list of the names of the persons who have been admitted to the membership of the Society since the last meeting. The names are given in alphabetical order of their surnames. The names of the persons who have been admitted to the membership of the Society since the last meeting are given in alphabetical order of their surnames. The names of the persons who have been admitted to the membership of the Society since the last meeting are given in alphabetical order of their surnames.

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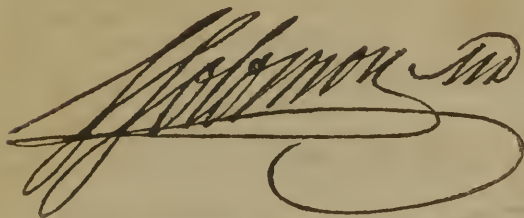
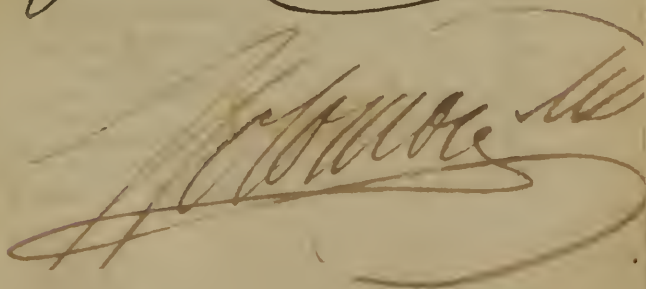
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## ADVERTISEMENT.

Doctor Solomon having received authentic information that his "Guide to Health" has been pirated, and that many spurious copies are in circulation in a very incomplete manner, feels it a duty he owes to himself and the public, as the most effectual mode of suppressing the sale of these spurious copies, to sign his name on each, and to annex a fac simile of his hand writing.

*This is a genuine Copy.*

A handwritten signature in dark ink, appearing to read "Solomon M.D.", with a large, sweeping flourish underneath.A faded, light-colored handwritten signature, also appearing to read "Solomon M.D.", with a large, sweeping flourish underneath, positioned below the first signature.

1872

Received of the  
the sum of \$100.00  
for the purchase of  
the land of the  
the sum of \$100.00  
for the purchase of  
the land of the

Witness my hand and seal  
this 1st day of January  
1872

John J. [Signature]

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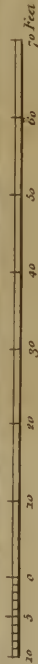
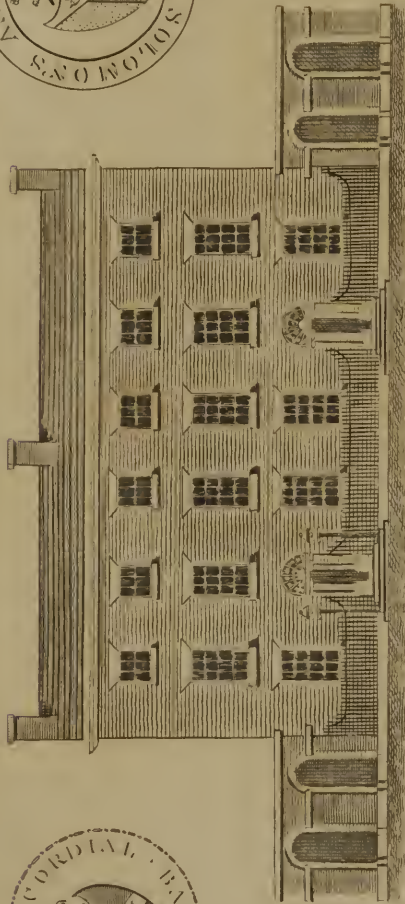
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*GUIDE TO HEALTH.*

PART I.

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• SOLOMON'S PLACE BROWNLOW STREET, LIVERPOOL.





A

# GUIDE TO HEALTH.

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PART I.

---

ON

*NERVOUS*

and

HYPOCHONDRIAC COMPLAINTS,

*Lowness of Spirits, &c.*

---

**N**ERVOUS and hypochondriac complaints are much more prevalent in Europe than is generally imagined, and attended with many dreadful and alarming symptoms, which include several diseases of the most dangerous kind; they are so various, that a volume would hardly suffice to complete a description of them. The most common symptoms are weakness, flatulence, palpitations, watchfulness,

drowsiness after eating, timidity, flashes of heat and cold, numbness, cramps in different parts, giddiness, pains, (especially of the head, back and loins), hickup, difficulty of respiration and deglutition, anxiety, dry cough, &c. &c.

One symptom is distinguished by no name, and of which it is impossible to form any adequate conception. It is described as making its attacks by violent paroxysms, which are however, usually preceded by portentous indications like brooding of a furious storm. It pervades with its baleful influence the whole nervous system, writhing the heart with inexpressible anguish, and exciting the most dreadful suggestions of horror and despair! To this demon have thousands fallen a sacrifice in the direful transports of its rage.

Nervous, or, as generally termed, hypochondriac disorders, imitate almost every disease, and are seldom alike in two different persons, or even in the same person at different times. They are continually changing shape, and upon every fresh attack the patient thinks he feels symptoms which he never experienced before. Nor do they only affect the body; the mind likewise suffers, and is often thereby rendered extremely weak and peevish. The lowness of spirits, timorousness, melancholy, and fickleness of temper, which generally attend nervous disorders, induce many to believe that they are entirely diseases of the mind; but this change of temper is rather a consequence than the cause of the complaint.

Nervous disorders usually attend a sedentary life.

Want of exercise enervates the body, and subjects the patient to all those diseases which depend upon too great delicacy and sensibility of the moving fibre. Though men of genius are more liable to disorders of the nerves, the mercantile part of the world are not exempt from them. Genius often throws the nerves into convulsions, but attention naturally numbs their faculties. Nervous disorders are generally attended with a palpitation of the heart, fluttering and trembling of the limbs, and a shortness of breath after the least exercise; the patient is affected with joy, and sometimes grief, without a cause; flying pains in the head also attend this disorder, often violent but not lasting; sleepless nights with a wandering and violent imagination, are its proper and peculiar attendants. In the extreme degree of this disease the symptoms increase in violence, and each assumes the name of a distinct disorder. The symptoms are brought on, and increased, by a variety of causes; among which the following are the most general: Excess of grief or pleasure; leading a studious or sedentary life; the horrid practice of a secret and destructive vice; use of tea, coffee, ardent spirits, as well as long residence in hot climates.

Nervous diseases render the memory less prompt, and show a particular tendency to affect the imagination; in such a degree, at least, that the mind is more exposed to the transient impression of depraved or whimsical ideas, than in a state of health. To the same tendency may be ascribed the habit of dreaming, so common with persons of weak nerves.

There are many cases, in which attentive observation confirms them to be connected with a morbid state of the stomach and bowels. Thus when a person dreams of food, or of eating, it will generally be found that those organs are loaded with crudities. In case of corporeal affection, the imagination seems to be sympathetically impressed with the respective condition of the body. Dr. Thompson observes, that, “the eating of raw onions at bed-time, was, in the fifteenth century, prescribed by *Magicians* as an infallible arcanum for procuring pleasant dreams!” The learned and ingenious Dr. Whyte was extremely attentive to the dreams of patients in acute diseases, as useful towards a cure; and there are many reasons for believing that such attention is necessary to practical observation, in nervous disorders, where the intimate connexion between the mind and the body is particularly evident.

Dull head-achs, sleepiness and melancholy, are peculiar symptoms attendant on nervous disorders: they generally arise from want of spirit and motion in the nervous fluid; and if permitted to gather strength by long continuance or indulgence, they become very terrible.

The patient should not be alarmed at this necessary caution; for while these symptoms are in the condition above described, they may be removed; and there is no danger but through neglect. Age or intemperance alone will give them strength; therefore sobriety and timely care will lay the foundation for a permanent cure. Many have recourse to spiri-



tuous liquors, which give only a temporary relief, and are sure to increase the disease.

Nervous patients are generally dull and inactive, subject to muse without thinking, and to disregard every thing; the appetite is bad, the stomach is weak, wind is troublesome, and breathing difficult; lowness of spirits, dimness of sight, vain suspicions, melancholy imagination, a disgust of every thing, a love of laziness, and a drowsy inactivity, are the original and peculiar symptoms of nervous complaints in general.

Every thing that tends to relax or weaken the body, disposes it to nervous diseases; as indolence, *excessive venery*, drinking too much tea, or other watery liquors warm; frequent bleeding, purging, vomiting, &c. Whatever hurts the digestion, or prevents the proper assimilation of the food, has likewise this effect; as long fasting, excess of drinking, use of windy, crude or unwholesome aliments, or an unfavorable posture of the body.

A feeble state of the nerves is generally accompanied with an occasional lowness of spirits; therefore the patient ought carefully to guard against every cause of debility, and engage in active pursuits, to secure the constitution from the further progress of the disease.

Shortness of sight appears also to be one of the earliest harbingers of nervous affection. Nervous patients are also peculiarly subject to hardness of hearing, which is frequently attended with a *tinnitus*, or fallacious perception of noise.

An opinion also prevails, that nervous diseases are at present more common in Europe than at any former period, and are chiefly attributed to excess of indulgences practised in these times of refinement and luxury. It is certainly true, that the farther we depart from simplicity and temperance in diet, and the more we sacrifice wholesome exercise to the inactivity attending domestic amusements, the greater will be the influence of every physical error, in diminishing the vigour of the constitution.

Nervous disorders have frequently been occasioned by the loss of a husband, a favorite child, or from some disappointment in life. It also often proceeds from intense application to study. Few studious persons are entirely free from them. Intense study not only preys upon the spirits, but prevents the person from taking proper exercise; by which means the digestion is impaired, the nourishment prevented, the solids relaxed, and the whole mass of humours vitiated. Grief and disappointment produce also the same effects. In short, whatever weakens the body, or depresses the spirits, occasions nervous disorders; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c.

This complaint generally begins with an absurdity of the patient's behaviour, inactivity, dislike to motion, anorexia, borborygmi, costiveness, oppression from wind, frequent sighing, anxiety about the præcordia, great dejection, internal sinking, load at the stomach, palpitation of the heart, taciturnity, wild incoherent discourse, ridiculous notions, the mind

being fixed upon one object, &c. &c. ; and are preceded by a variety of symptoms, as windy inflations or distempers of the stomach and intestines ; the appetite and digestion usually bad, yet sometimes there is an uncommon craving for food, and a quick digestion. The food often turns sour upon the stomach ; and the patient is troubled with vomiting of clear water, tough phlegm, or blackish coloured liquor resembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling noise in the bowels. The body is sometimes loose, but more commonly bound, which occasions a retention of wind, and great uneasiness.

As the disease increases, the patient is molested with head-achs, cramps and fixed pains in various parts of the body ; the eyes are clouded, and often affected with pain and dryness ; in short, the whole animal functions are impaired. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse commotions, inquietudes, terror, dullness, anger, diffidence, &c. The patient is apt to entertain wild imaginations and extravagant fancies ; the memory becomes weak, and the judgement fails. The urine is sometimes small in quantity, at other times very copious and quite clear. There is a great straitness of the breast, with difficulty of breathing ; violent *palpitations of the heart*, sudden flashes of heat in various parts of the body ; at other times a sense of cold, as if water was poured on them ; flying pains in the arms and limbs, back and belly, resembling those occasioned by the gravel ; the pulse very varia-

ble, sometimes uncommonly slow, at other times very quick; yawning, the hickup, *frequent sighing*, and a sense of suffocation, as from a ball or lump in the throat; alternate fits of crying and convulsive laughing; the sleep is unsound and seldom refreshing, and the patient is often troubled with *horrid dreams*.

Nervous disorders may be hereditary, or acquired by a sedentary life;—intense application to study;—tedious diseases; *profuse evacuations of blood or semen*; or by depressing the passions.

This complaint is incident to both sexes, with only this difference, that, in the female, from the natural delicacy of constitution and the softer manner of life, they are in general more frequent and violent than in the other. Weakness of the nervous system is often—alas! too often—occasioned by irregularities in one sex, and sensual excesses in the other.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humour, but likewise by the too frequent repetition of the convulsive motion by which it is discharged; for the highest pleasure is followed by an universal revulsion of the natural powers, which cannot frequently take place without enervation. Besides, the more the strainers of the body are drained, the more humours they draw to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that, from excessive venery, all the various symptoms of lassitude and debility ensue, and are increased by a per-

petual itch for pleasure, which the mind contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions, bring the flower of youth to premature old age.

The hypochondria is a common attendant on this horrid practice; and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations, and anxieties, are the consequences of these united causes; and it is evident that hypochondria complaints are sometimes accompanied with delirious fits and phrenzy—consequences generally attendant on this abominable practice. The brain being weakened by this twofold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

I shall not at present dwell much on this subject, having fully written on this dangerous and destructive practice in the SECOND part of this publication, which has experienced a sale unprecedentedly successful through a great number of very heavy editions.

It is observed by Sydenham, that nervous diseases imitate all kinds of distempers so exactly, that a physician is generally at a loss to distinguish it from an essential disease of any part; but that one peculiar symptom of it is, a *despair of ever recovering*.

Therefore, as the most common symptom of this disease is a constant dread of death, it of course renders those unhappy persons who labour under it peevish,

fickle, and impatient ; apt to run from one doctor to another : this is the reason why they so seldom reap any benefit from medicine, as they have not sufficient resolution to persist in *any* one course till it has time to produce its proper effect. Those who seriously wish to be cured, must patiently *persevere* in the remedies hereafter prescribed for them ; for it is of *no use* to begin a medicine, and to give over before it is possible that its effects can be perceptible, or before it could have time to act upon the system.

It is an undeniable fact, that when weakness of the stomach and bowels have been introduced, many are the occasional causes of irritation from which nervous symptoms may ensue. In general, whatever by quantity or quality relaxes the solids, or by acrimony stimulates into spasms ; whatever diminishes the energy, or excites irregular motion of the animal spirit, tends, either immediately or remotely, to the production of nervous disorders.

Dr. Walker, also, justly remarks, that “ one reason why complaints of the nervous kind are not more frequently removed is, that patients have seldom resolution to persevere sufficiently long in any means of relief prescribed them. It will be necessary to inform the patient that an *effectual* cure may be obtained, but a *speedy* one is not to be hoped for.—It is better not to be discouraged by a few ineffectual efforts to relieve the complaint ; but it must be remembered, that frequently the more gradual and progressive the cure, the more *certain* and *permanent* it will prove”.

A most potent medicine has some years ago been introduced to public notice, and its happy salutary success has been without a parallel. This medicine has been long celebrated and distinguished by the name of the

## *Cordial Balm of Gilead.*

Its composition has been sanctioned by the most learned physicians of the age: in their analyzations, they have been unable to discover the least particle of either mercury, antimony, iron, or any other mineral, except *Gold ! pure virgin gold !* and the true *Balm of Mecca*—hence the salubrious qualities of this inestimable Cordial arises from this combination, and hence its preparation is the most difficult and costly of all others in chemistry. We read in Scripture, that after Tubal Cain the first *Chemist* was Moses, and his skill is, by his commentators, acknowledged to have been incontestably great, from his burning and pulverizing the Golden Calf, which the Israelites had set up, and giving to the people to drink; there being scarce a more difficult operation in chemistry than to make Gold potable.

The *Ancients* found out an *universal remedy* from their preparations of Gold—and these researches challenge the *highest antiquity*—and is ACKNOWLEDGED to have been known to the antediluvian world. Many, very many are those, who disbelieve that Gold is in the composition of the *Cordial Balm of Gilead*, but they can assign no reason why they think so. Ought an ART to be despised, because it is not to be

found in the COMMON BOOKS of CHEMISTRY? No: on the contrary, we certainly know the occult virtues of *Gold*, and the possibility of the OPERATIONS of NATURE, which brings about the most WONDERFUL EFFECTS by the most *simple causes*. Neither is the process easy, but attended with the *utmost difficulty* to those who have not accustomed themselves, by repeated trials and perseverance, to attain the ART.

The Arabians introduced *gold* into medicine, and esteemed it for many centuries as THE GREATEST CORDIAL AND COMFORTER OF THE NERVES.

“The Balm of Mecca, or as it was called by the ancients, Balm of Gilead, of which this Cordial is principally composed, and from which it derives its name, is one of the most celebrated medicines which have long been, and are still employed by the physicians of the East. It has preserved its reputation from a period prior to the birth of Christ\*, even to the present day, and is considered by the Turks, and

\* The place where it formerly grew was Gilead, in Judea, more than 1230 years before Christ, or 1000 years before the Queen of Saba came to Jerusalem; and nothing is more certain, than that the Balsam Tree had been transplanted from Abyssinia to Judea, and become an article of commerce there; and the place from which it originally was brought, through length of time, combined with other reasons, came to be forgotten. This is however contrary to the authority of Josephus, the Jewish historian, who says, that a tree of this Balm was brought to Jerusalem by the Queen of Saba, and given, among other presents, to Solomon, who, as we know from Scripture, was very studious of all sorts of plants, and skilful in the description and distinction of them. Here it seems to have been cultivated and to have thriven so, that the place of its origin came to be forgotten.....  
Maure's Travels, vol. 5.



other Oriental nations, as one of the most efficacious and universal medical remedies. To whatever circumstance it may be ascribed, whether from the adulterations to which it is exposed in passing through so many mercenary hands before it can arrive on our shores, or from the monopolizing spirit of the Eastern despots, who carry on a profitable traffic with this highly-esteemed Balm, it is but rarely imported into Europe. It is sent from Mecca, now its native soil, to the great Princes and Sovereigns of Europe, as a scarce and valuable present from the Grand Seignior. The virtues of this medicine have been treated on by most ancient writers, and among the moderns, by Professor WILDENOW, of Berlin; the particulars of which were inserted in the *Medical and Physical Journal*, for March, 1799.

“The odour of this Balm resembles a compound of rosemary and sage, partaking also in a slight degree of the nature of turpentine; besides which, it partially emits the flavour of lemons and mace.

“The taste is bitter, astringent and acrid. Among the Eastern nations it has long been a favorite and popular remedy, taken internally, in cases of diseased intestines, ulcers of the lungs, liver and kidneys: and in general it is reputed an excellent diaphoretic and alexipharmic medicine. To persons who have swallowed poison, or have unfortunately been bit by serpents, scorpions, or other venomous animals, it is administered internally, as well as applied externally to the injured part. The modern Egyptians make daily

use of it during the ravages of the plague, in order to prevent or repel that destructive malady.

“It is further believed, that the Egyptian women possess the wonderful art of rendering themselves fruitful, either by the internal use of this Balm, or by perfuming and smoking their bodies with it. The beauty of the skin is also said to be not a little improved by the use of it: and the ladies of the seraglio anoint their bodies with it after tepid bathing\*. Throughout the East the Balm of Mecca is to this day considered as a sovereign remedy against all diseases; and such is the unalterable veneration the Orientals entertain for it, that every part of this tree is, in some form or other, converted to medical purposes: for besides the Balsam or Balm, its fruit is employed under the name of what we call in Europe, *Carpobalsamum*; and the wood, stalk, or trunk, under that of *Xylobalsamum*.

“The ancient Oriental Physicians made use only of that Balm which spontaneously dropped from the tree, or which exuded after incision; at present, however, there are three different methods of obtaining it, each of which furnishes a distinct species of the Balm. The first mode of collecting it, is that pursued by the ancients, or by incision, which produces by far the

\* When Sultan Selim made the conquest of Egypt and Arabia, in 1516, three pounds was then the tribute ordered to be sent to Constantinople yearly; and this proportion is kept up to this day. One pound is due to the Governor of Cairo; one pound to the Emir Hadje, who conducts the pilgrims to Mecca; half a pound to the Bashaw of Damascus; and several smaller quantities to other officers: after which the remainder is sold or farmed out to some merchants.....Bruce's Travels, vol. 5.

most valuable Balm ; and its consumption is chiefly confined to the principal and richest families of Mecca and Constantinople. The second mode of producing the Balm depends upon boiling the branches and leaves ; this sort is perfectly pellucid, and emits an agreeable fragrance ; the Turkish ladies apply it externally to beautify their skins and make their hair grow : this is the kind which the Grand Seignior sometimes sends as a present to other princes, and which is occasionally vended in the shops as a rare and costly article. The last, and a very inferior species of the Balm, is obtained by a repeated and stronger decoction of the leaves and branches ; in this state it becomes much thicker but less fragrant, and is transported to Europe by the caravans, under the different names of Balm of Mecca, Gilead, Judea, or Opobalsamum, signifying the juice of the tree. This kind is not much valued in the East, and is used only by the lower classes of people.

“ It appears from the most authentic ancient writings, that the Balm of Gilead was an important article of commerce several centuries before the christian era. Bruce, the Abyssinian traveller, has *first* pointed out the native soil of this Balm, being the same as that of the Myrtle, behind Azab, along the coast of Arabia, and extending to the straits of Babelmandel. Anciently it was believed that Egypt, Palastine, and Arabia produced this Balsamic Tree ; but, however that might be in former times, it is certain that now it is only cultivated artificially in those countries ; that it does not thrive so well there as other indigenious

plants, and that the inhabitants are obliged to import annually a fresh stock of young trees, to supply the places of the decayed ones.

“ Ancient writers have related many marvellous and fabulous things as connected with the history of this tree. Some asserted that vipers were continually breeding under its shade. According to others, it possessed such a degree of antipathy to iron, that it sensibly trembled, on the smallest particle of iron entering into contact with it; and that on this account, any incisions made in its rind must be performed with ivory, glass, or some other hard substance. Mr. Bruce, however, was an eye witness to this incision being made with an axe, without any trembling on the part of the tree; and it is also probable that similar operations have been always made with the same instrument. Other writers have maintained, that persons who anoint their bodies with this Balm, have a peculiar claim to never-fading beauty, and to perpetual youth”.

A medicine so highly interesting to the community at large, was discovered by the Author of these sheets, who, finding it possessed of *extraordinary virtues* by *repeated trials*, has spared neither time, labour, or expense, in bringing it to PERFECTION; and to whom *alone* the ART and SECRET of preparing it is known.

The reputation of this medicine has been so well established, that the first medical men this country, Ireland, and America affords, have not failed to recommend it to their patients; and it is a fact well

established, that to the use of this medicine alone the ravages of the yellow fever in America was stayed, and thousands of lives saved from that epidemic disorder in the years 1800 and 1801.

The virtues of this most celebrated Cordial are fully explained in the course of this work, by a number of *well-authenticated and extraordinary Cures*; and therefore it is only necessary to say, that *so great a restorative, balsamic and salubrious REMEDY*, in all cases attended with DEBILITY and RELAXATION, *from whatever cause arising*, was never yet offered to mankind. The CURES it has performed are very *many and great*; some of them will be inserted; but motives of delicacy, as well as want of room, have induced the author to withhold some hundreds of cases, which he otherwise has permission to publish.



*ADVICE TO PERSONS*  
 afflicted with  
**NERVOUS DISORDERS,**  
*Lowness of Spirits, &c.*



Persons afflicted with these disorders ought never to fast long. Their food should be solid and nourishing, but easy of digestion. All excess should be carefully avoided. Hot meats are hurtful. They ought never to eat more at a time than they can digest; but if they feel themselves weak and faint between meals, they ought to eat a bit of bread, and drink a glass of wine, with two or three tea-spoonfuls of the Cordial Balm of Gilead added thereto. Heavy suppers are to be avoided. Though wine in excess enfeebles the body, and impairs the faculties of the mind; yet taken in *moderation*, it strengthens the stomach, and promotes digestion.

Wine and water, with a tea-spoonful or two of the Cordial Balm of Gilead, is very proper to drink at meals; but if the wine sours upon the stomach, or the patient is too much troubled with the wind, brandy and water will answer better than wine. Every thing that is windy and hard of digestion should be avoided. All weak and *warm* liquors are hurtful, as tea, coffee, punch, &c. People may find, perhaps, a temporary relief in these, but they always increase the malady,

weaken the stomach, and hurt digestion. Above all things, *drams* ought to be avoided. Whatever immediate ease the patient may feel from the use of ardent spirits, they are sure to aggravate the malady, and prove certain poison at last.

These cautions are indeed more than necessary, as most people are fond of *tea* and ardent spirits; to the use of which many of them fall victims.

Exercise in nervous disorders is equal if not superior to medicines. Riding on horseback is generally esteemed the best, as it gives motion to the whole body without fatiguing it. Walking, however, agrees better with others. Every one ought to use that which is found to agree best with their constitution. Long sea voyages have an excellent effect; and to those who have sufficient resolution, this course ought by all means to be recommended. Every change of place, and the sight of new objects, by diverting the mind, have a great tendency to remove these complaints. For this reason, a long journey, or a voyage, is of much more advantage than short journeys at home. During any of these courses, the Cordial Balm of Gilead ought never to be neglected. A cool dry air is proper, as it invigorates the whole body. Few things tend more to relax and enervate than hot air, especially that which is rendered so by great fires in small apartments. But when the stomach or bowels are weak, the body ought to be well guarded against cold, especially in winter, by wearing a thin flannel waistcoat next the skin.

This will keep up an equal perspiration, and defend the alimentary canal from many impressions to which it would otherwise be subject on every sudden change from warm to cold weather.

Persons who have weak nerves ought to rise early, and to take exercise before breakfast, as lying too long in bed cannot fail to relax the solids. They ought likewise to be diverted, and kept as easy and cheerful as possible. There is not any thing that hurts the nervous system, or weakens the digestive powers more than anger, fear, grief or anxiety.

The temperature of the air is a material consideration, and of great importance. A light, dry, and warm air, is best for weak and diseased lungs; and a dry, or cold, or temperate air, is fittest for relaxed and nervous people.

The necessities of nature, and the general order of things, demand action in the human species; and the mechanism of the body plainly shows that it is not only well calculated for that purpose, but also demonstrates that exercise is even indispensably requisite, to preserve regularity in the wheels of motion, and to fit them for the due performance of their several offices. Exercise is like a main spring to the machinery; it promotes the digestion, prepares the blood for its various destination, distributes it through all the channels of circulation, throws off the imperfect and offensive parts of the fluids, braces the nerves, gives a firm tone to the solids, and carries an even flow of spirits throughout the whole system.



Exercise is hurtful immediately after a full meal ; and in the morning when the stomach is quite empty, much exercise is very injurious.

Frequent exercise relieves the head, abates rheumatic pains, keeps the bowels open, is favorable to all the descending evacuations, and has a tendency to prevent the gout : it contributes to general health, and by increasing the circulation and secretion in the legs and feet, (since the extremities are the original seat of the gout), it may perhaps hinder the formation and assimilation of those morbid particles which are found to exist, in a concremented state, in a fixed or settled gout. Riding on horseback is an excellent exercise, and essentially beneficial in obstructed and nervous habits, and in all affections of the lungs ; but when the nerves or bowels are very weak, the best substitute is riding in an open carriage.

Moderate dancing occasionally is a valuable kind of exercise. To the powers of music and elevated festivity, it unites the charms of refined sociability and attraction, and inspires an animation which moves the system in a more pleasing and effectual manner, and with happier effects, than the other common exercises can boast,

There are two prevailing errors, in regard to exercise, which Doctor Harper remarks in his "Economy of Health". "People of relaxed, delicate, and nervous habits", says he, "who should always avoid too much exercise at one time, often hurt themselves by over exertion, because they judge

it advisable to take plenty of exercise. There are others, again, who being confined within doors, and leading a sedentary life, think to compensate for the want of regular exercise, by a hard ride or walk once a week : but this is a mistaken notion ; the nerves of such people, unaccustomed to bear so great a degree of agitation, are overstrained and relaxed by it, while the circulation of their fluids, which is generally very slow and languid, is thrown into disorder from the same cause, and thus a foundation is laid for those very complaints it was meant to prevent”.

There is hardly any thing more common than to hear people express their surprise at having got cold because they are altogether at a loss to account for the cause of it. They are not ignorant that damp air, wet clothes, the drinking cold liquors when the body is very hot, or too warm liquors when it is cold, and such like, are the chief causes ; but do not consider that all sudden transition from one temperature and one extreme to another, are equally conducive to the same effect, though the circumstances of it may not be so obvious to them.

Soft flannel worn next the skin, cannot be too strongly recommended to those who labour under any affection of the lungs, or weakness of the bowels. The same expedient will be found serviceable in the rheumatism, and in all scorbutic, dropsical, hypochondriac, and melancholic complaints.

Too much sleep weakens the nerves, renders the temper peevish, and predisposes to apoplexy and

palsy ; it likewise creates a lethargic and indolent disposition, disqualifies for action, and blunts the energy both of the intellectual and corporeal faculties. On the other hand, nothing can be more pernicious than the loss of sleep and want of due rest ; watching, by exciting an artificial fever, and by stimulating the nervous system, when its powers are already exhausted, effectually wastes the strength, debilitates the body, and lays it open to every attack, especially to nervous and phrenetic fevers.

The duration of sleep must be proportioned rather to the nature of the constitution than to the degree of exercise or labour. In lax and tender habits, the natural motion and attrition in the system, exhaust and dissipate the vital strength much sooner than in those constitutions which are hardy and robust ; consequently the former require longer sleep to repair the waste and consumption than what is necessary for the latter ; besides, in those who have much exercise or labour, the powers of circulation being more complete, and sleep more mature, the business of nature is sooner performed.

Heavy suppers, much reading, study, or any other considerable agitation or application of mind near the hour of going to bed, tend to prevent sound sleep, and to occasion dreams ; the drinking of tea, coffee, or any other thin, weak liquor, will also retard sleep.

An appetite for food or nourishment, is almost an infallible sign of health ; but if the digestion, at the

same time, be not regular and perfect, it is a false appetite, arising either from some preternatural stimulus, or from luxuriant living: hence the stomach craves more than is necessary. The simplicity of food has numerous advocates; and there is no doubt, the more varieties the stomach is accustomed to, the more dainties, and perhaps the larger quantities, are needful. The manner of living should therefore be regulated from the earliest period: the children of poor people, who are likely to live hard, should, from the first, be accustomed to plain and substantial food, and seldom allowed many rarities; they should begin to take whatever is offered to them, to prevent their stomachs from being too nice; but nothing to which they seem to have a fixed dislike should be forced upon them; it is as dangerous as it is unnatural.

A diet consisting chiefly of milk and vegetables, has been found in several instances to renovate the constitution, remove sterility, and eradicate some of the most obstinate chronic complaints.

Nothing can be more ridiculous or more pernicious than the practice of eating and drinking things very hot; it spoils the teeth, brings on the tooth-ach, weakens the head and eyes, ruins the stomach, and does abundance of mischief.

Water, as being a vehicle particularly connected with all the departments of nourishment, deserves particular attention. Pure cold water acts as a tonic or corroborant, internally, in the stomach, as well as

externally : it passes off gently by the different excretions ; it dilutes the saline, and corrects the bilious, part of the blood. Bad water must be inimical to health, according to the manner and degree it happens to be impregnated with heterogeneous matter. Snow water, and water that freezes most readily into ice, are found to be the purest of all. The next in purity is rain water, which falls in moderate weather ; and then river water, which runs with a brisk current. Spring water, in passing through the strata of the earth, often imbibes mineral and other ingredients, and accordingly becomes more objectionable ; nevertheless it is commonly and very properly used, because it is more readily obtained in a pure state than any of the former generally are. The purest water is that which is lightest and most limpid ; that which has neither taste, colour, nor smell ; that which easily lathers with soap, and that which does not effervesce or bubble, nor form any sediment when good vinegar or spirit of sal ammoniac is put into it. The most certain method of purifying water is by distillation, and most easy is by boiling. The influence of fire destroys animalculæ, and by diffusing the component parts of water, it affords an opportunity for the fixed air and the too volatile particles to evaporate, and by the same means decomposes the combinations, so that the earthy and foreign ingredients fall to the bottom. Filtration, the mixture of chalk or sand, exposure to the open air, and allowing it due time to settle, are individually conducive towards the purification of water.

### *Method of Cure.*

It has generally been thought that nervous diseases are seldom radically cured; but that their symptoms may be sometimes alleviated, and the patient's life rendered more comfortable, by proper medicines, is, I believe, universally allowed.

Now I will venture to affirm, that if the following mode be pursued, there will be no doubt of a radical cure being obtained. In the first place I would recommend a vomit of 20 grains of ipecacuanha; and when the patient is costive, a little rhubarb or some other mild purgatives to be taken, as the body should never be suffered to be long bound. All strong violent purgatives are, however, to be avoided, as aloes, jalap, &c. An infusion of senna and rhubarb in brandy answers very well. This may be made to any strength, and taken in such quantity as the patient finds necessary. When the digestion is bad, or the stomach relaxed and weak, the following infusion of Peruvian bark may be used with advantage:

*Take of Peruvian bark, an ounce; gentian root, orange peel, and coriander seeds, of each half an ounce; let these ingredients be bruised in a mortar, and infused in a bottle of brandy for five or six days. Half a table spoonful of the strained liquor, with the like dose of the Cordial Balm of Gilead, may be taken in a glass of water, an hour before breakfast, dinner and supper.*

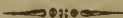
In patients afflicted with *wind*, the greatest benefit is certainly to be experienced from the Cordial Balm of Gilead; to two tea-spoonfuls of which 15, 20, or 30 drops of the Elixir of Vitriol may be added, and taken two or three times a day in a glass of water. This will *expel wind, strengthen the stomach, and promote digestion.*

It would be an easy matter to enumerate many medicines for relieving nervous disorders; but whoever wishes for a thorough cure, must only expect it from the *Cordial Balm of Gilead*, together with proper regimen: therefore the greatest attention is necessary as to regularity in taking this valuable medicine, as well as to diet, air, exercise, and amusement; which will be found in the *General Directions* at the end of this Work, to which refer.

It will no doubt be acceptable to the reader, to see accounts of some of the remarkable cases and cures which have been performed by this truly invaluable medicine, in the disorders for which it was invented; the Doctor has therefore selected a few such cases as have come within his own immediate knowledge, and inserted them herein, that all persons may be able to judge of the superior efficacy of the Cordial Balm of Gilead to any other medicine, and to show that no person, however dangerous their situation may be, should despair, but seek for advice and remedies, even though they should be bereft of every other hope of relief.



# CASES.



## *Extract of a Letter*

FROM MR. S. HAZARD, BATH,

*Dated October 6th, 1800.*

To Dr. Solomon, Liverpool.

Sir,

A Lady a few days since called upon me, and declared that your Cordial Balm of Gilead had saved the life of her friend: another Lady assured me that she was cured of a violent nervous complaint, by a few bottles, and that when she began taking it, she could not write, or scarcely attend to any thing.



## *Extract of a Letter from Beverley,*

IN THE COUNTY OF YORK.

Sir,

A respectable Farmer's daughter, in the neighbourhood of Beverley, was for fifteen years afflicted with a nervous complaint, attended with lowness of spirits, violent pains in her back and left breast, for which numerous remedies were tried in vain, obtained a complete cure by two bottles of the Cordial Balm of Gilead.

*Witness, M. Turner, Beverley, Dec. 20, 1799.*



## *Extract of a Letter*

FROM MR. T. WATKINS, HIGH-TOWN, HEREFORD,

*dated November 3rd, 1799.*

Sir,

A lady of this city, for years laboured under a nervous complaint, attended with lowness of spirits, pain in her side, &c. for which she tried almost every medicine to no effect.



She requests me to acquaint you for the good of the public, that four half-guinea bottles of the Cordial Balm of Gilead have entirely removed the complaint, and she is now happily restored to a perfect state of health.

T. WATKINS.

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*Extract of a Letter*

From Thos. Tokelove, Esq. Doddington,  
*Isle of Ely, Sept. 17, 1799.*

A friend of mine, in a very poor state of health, occasioned by over-studying, together with much trouble and anxiety of mind, which brought on a nervous disorder, with great depression and lowness of spirits, was induced by reading your Guide to Health (which I put into his hands), to purchase a bottle of your Cordial Balm of Gilead. Having been long afflicted with such a depression at the stomach, and sinking of the spirits, attended with violent pain, that he was greatly apprehensive fatal consequences would ensue, to his great comfort he found immediate relief from pain by your invaluable medicine, and his spirits soon became brisker. He has continued to take it ever since; to the first bottle of which, with the blessing of God, he attributes the preservation of his life.

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 Interesting and recent Intelligence from  
 SCARBOROUGH,

*Communicated by Miss Bayley, of the Library,  
 In a Letter to Dr. Solomon,*

*Dated the 17th September, 1799.*

The Cordial Balm of Gilead is certainly held in very high estimation in this place, not only by the respectable inhabitants, but likewise by many families of the first rank and distinction, who come to Spaw, and who have been pleased to sanction it with their patronage. I have heard great encomiums from a number of invalids that have purchased it, who

think it a truly balsamic, salutary, and efficacious medicine, and believe it has never failed to give comfort and relief to the afflicted.

TO S. SOLOMON, ESQ. M.D.

*Solomon's Place, Liverpool.*

Sir,

*Birmingham, Dec. 6, 1798.*

I long laboured under the painful effects of indigestion, and could obtain no relief from regular medical advice. In this state I was recommended to try your Cordial Balm of Gilead; but having an objection to public medicine, I resisted the idea for some time. The weakness, however, gaining on my constitution, as scarcely any sustenance remained on my stomach, I determined to give your Cordial Balm of Gilead a fair trial, and immediately sent for some to Mr. Swinney's, printer, in this town, and the consequences have fully justified the report I had of your medicine; for my spirits were soon recruited, and my appetite and digestion, after eighteen months' wasting and excruciating illness, are now happily restored. As this singular case may be the means of inducing others, under similar complaints, to use the same remedy, you have full consent to make it public; and remain, Sir, with great respect,

Your very obedient servant, EDWARD FOX.

*Livery-street, Harper's-bill.*

The following Gentlemen, inhabitants of Birmingham, are witnesses to the above cure:

James Millar, Esq.	John Taylor, Esq.
John Ellis.	Henry Hawkins.
Walter Archer.	James Ferral.
John Robotham.	

*Another remarkable proof.*

*To Dr. Solomon, Liverpool.*

Dear Sir,

I have had a great demand for your Balm of Gilead, and two gentlemen assured me they obtained the greatest

benefit in nervous and consumptive complaints by taking it. Its safety and salubrity cannot be doubted by those who tried it; and I feel bound to declare, that the sale reflects credit on the venders whom you have appointed in this country.

*Drogheda, October 15, 1801.*

JOHN HOLLAND.

*The following interesting Letter is too important to be withheld from the Public.*

To S. Solomon, Esq. M.D. Liverpool.

Sir,

*Glasgow, 26th July, 1798.*

The rapid and increasing sale which your "Guide to Health", and Balm of Gilead, have of late experienced in my circuit, is a proof, among many others, of the benefit derived from them, by the invalids of both sexes. The following cases were communicated to me by the parties, of their own accord; namely.—

A gentleman who had resided in the West-Indies for many years, came home for the recovery of his health; he consulted the faculty in Edinburgh; their prescriptions gave him no relief. Seeing a case similar to his own, in your "Guide to Health", cured by your Cordial Balm of Gilead, he was induced to make trial of it; he says that during the time of his taking the first six bottles of it he was not sensible of any benefit; but by being determined to persevere, from that time he experienced a great alteration for the better, till happily he recovered his health completely. He is now as well, as stout and hearty as ever. This gentleman's case was a continual head-ach, dullness of hearing, loss of appetite, general debility, &c. &c.

*Another Case.*

A young gentleman came to me whom I never saw before, to my knowledge, and informed me that he could not in justice to you and the public, withhold his testimony of the benefit which he derived from four bottles of your Cordial

Balm of Gilead, which completely restored him to health. His complaint was, as he thought, the first stage of a consumption, want of appetite, great head-ach, general debility, &c.

ANGUS M'DONALD.



*Account of a wonderful Recovery,*

Communicated by Mr. Mathews, No. 18, Strand,  
London.

A lady was afflicted with nervous affections, and a very high inflammation of the lungs, attended with excessive coughing, which reduced her to death's door. She had the best medical advice she could procure, and Dr. Pitcairne among others; but to no good purpose. She continued twelve months in this disordered state; went to Bristol and found no relief: for four months together she could not lie down in her bed without the hazard of excessive pain or suffocation, and during that period could only rest by being propped up with pillows. Being almost worn out with suffering, a friend advised her to buy a bottle of your Cordial Balm of Gilead: she purchased two half-guinea bottles, and found much relief by them, and then bought a 5l. box, which perfectly restored her from the debilitated state of her lungs and nervous disorder. She also added, that many of her friends, through her recommendation, had found great benefit by taking the Balm of Gilead.



I, THOMAS GLAISTER, farmer, of Saltcoats, in the parish of Abbey-holm, near Carlisle, do declare, that I was for above *six months* sorely afflicted with a *nervous complaint*, attended with *internal weakns*, *loss of memory*, *pains in my head, ears, and breast*, and was *so bad as to be confined to my bed*. I had many remedies prescribed me by the faculty, but to no purpose. Fortunately, Mr. Jollie, of Carlisle, who knew my sad situation, recommended me to take the Cordial Balm of Gilead, prepared by Dr. Solomon, of Liverpool, three bottles of which medicine

only, I declare, has restored me to perfect health. I have taken a voyage to Liverpool, on purpose to return my hearty thanks to Dr. Solomon, for the great blessing I now enjoy of my health, through this great discovery, the Cordial Balm of Gilead.

Liverpool, 11th August, 1797.

THOS. GLAISTER.

Witnesses, { E. Daniel.  
 { James Hafwell, Hackin's Hey  
 { H. Forshaw, printer, Edmund-street.

P. S. I shal return to Carlisle by the Margaret, Capt. John Barnes, of Carlisle, with whom I arrived, when I mean to return Mr. Jollie thanks for his kind recommendation.

Reference may be had to Mr. Francis Jollie, Scotch-street, Carlisle.

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*Affidavit of Mr. J. Broom, Downend,*  
 NEAR BRISTOL.

I was long troubled with a nervous complaint, accompanied with great trembling, weakness, debility, and lowness of spirits, and when I conversed with a friend, tears involuntarily gushed from my eyes. Thus I became emacia'ed, and so reduced as not to be able to walk into my own garden, or scarcely stand on my feet. I was afflicted with a bad cough and head-ach, and being constantly in pains both of body and mind, I was rendered incapable of doing any thing. In this deplorable state I entered upon a course of the Cordial Balm of Gilead, and found immediate relief; three bottles perfect'y restored me to my usual state of health. It is now eighteen months since I was thus cruelly afflicted, and gratitude compels me to come forward in this public manner to declare that I have not had the least return since. I am, Sir, your humble Servant,

Downend, near Bristol, January 28, 1799.

J. BROOM.

Sworn before me, one of his Majesty's }  
 Justices of the Peace for the } C. J. HARFORD.  
 county of Gloucester,

W. Sheppard, No. 3, Wine-street, }  
 William Saunders, } Bristol

## TO DR SOLOMON, LIVERPOOL.

*General Printing-Office, Chester, Jan. 17, 1797.*

Sir,

I feel much pleasure in having it in my power to communicate to you a most surprising cure, effected by your medicine the Cordial Balm of Gilead. A young man, a n er-  
eer, of this city, my acquaintance, about 30 years of age, has  
been afflicted from his infancy with a *nervous complaint, attended  
with great debility, languor, want of appetite, and lowness of spi-  
rits*, which lately increased so much as to render him incapable of  
*attending to business for the last twelve months.* In this deplorable  
state he was advised by his physicians, as the last res ource, to go  
into the country; but he found no relief from the change. He  
then tried your Cordial Balm of Gilead; from the *first* bottle  
of which he obtained immediate relief, and *six* bottles more  
*have restored him to a sound and perfect state of health.*

I am, Sir, your obedient servant,

J. FLETCHER,

*Printer of the Chester Chronicle.*



I, THOMAS JAMES, Farmer, of Steventon, in the pa-  
rish of Ludford, in the county of Hereford, in justice to your  
excellent *Balm of Gilead*, acquaint you, that my wife has been  
afflicted with a *nervous complaint* in her head (stomach parti-  
cularly) and in her bowels, for these several months past, which  
rendered her incapable of following her business. I was ad-  
vised to try your Balm of Gilead, when I accordingly went to  
Mr. Griffiths, printer, Ludlow, and purchased two bottles, by  
which she found great relief, when I was happy to go and pur-  
chase two bottles more, and now, thank God, I can say that  
she is perfectly cured.

Witness my hand, 29th March,  
1798.

THOS. JAMES.



## PHTHISIS,

OR

*Consumption of the Lungs.*

A PULMONARY PHTHISIS, or CONSUMPTION, is owing to an ulcer in the lungs, whereby the whole body is gradually emaciated and consumed.

*THE CAUSE*.....That which occasions the stagnation of the blood in the lungs, till it is converted into purulent matter. This may be owing to nervous, bilious, asthmatical or dropsical complaints; excess of libidinous indulgences; baneful effects of a secret vice amongst youth; leading a too studious or sedentary life; heat of climate; hard drinking; immoderate use of mercurials, or of tea, coffee, or other watery liquids. It may be owing to a cold caught in damp beds, or damp houses; chlorosis or green sickness; excess of grief or pleasure; to a teneritude of the arterial vessels; an acrid blood; debility of the fibres, of the viscera; long neck, strait breast, depressed scapulæ; an ulcer in the liver, spleen, pancreas, kidneys, mesentary, or uterus; a metastasis of matter; neglect of customary exercises, &c. &c.

*THE SYMPTOMS*.....A slight fever, generally exacerbated towards evening; too great but particular heat; flying stitches; hectic flushing; pain in the stomach or breast; pain in the side, the patient lying with most ease on the affected side. Morton says that "a long-continued dry cough, and a disposition to vomit, excited by it after eating, is the greatest reason to suspect an approaching consumption".

The patient generally complains of a more than usual degree of heat ; a pain and oppression of the breast, especially after motion ; the spittle is of a saltish taste, and sometimes mixed with blood. The patient is apt to be sad ; the appetite bad, and the thirst great. There is mostly a quick, soft, slow pulse ; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption. Afterwards the patient begins to spit a greenish, white or bloody matter. The body is extenuated by the hectic fever and colliquative sweats, which naturally succeed each other regularly night and morning. A looseness and excessive discharge of urine, are often troublesome symptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally flushes after eating ; the fingers become remarkably small, the nails bent inwards, and the hair falls off. At last, the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, show the approach of death, which, however, the patient seldom thinks near. Such is the usual progress of this fatal disease, which, if not properly checked, commonly sets all medicine at defiance.

-4-4-4-

To Dr. Solomon.

Dear Sir,

Donaghadee, Oct. 18, 1801.

Two cures performed by your Cordial Balm of Gilead having come under my own knowledge, I thought it my duty to communicate the same to you :—



One is a gentleman of the utmost consequence and respectability in the county Antrim; he assured me that he got the greatest relief for a complaint in his stomach, and, by taking four bottles, was completely cured.

The other, a Mr. John Johnson, of Ballyhome, near Bangor, 58 years of age, has been of late attacked with a very severe cough and spitting, and in the mornings an inclination to vomit, who was relieved by taking on y two bottles.

Thus you see in this obscure corner, your medicine has been found out, and no doubt it is much to your satisfaction to hear of it.

I am, dear Sir, your most obedient servant,

JAMES LEMAN,

Agent to the British Packets.



### *Method of Cure*

## IN CONSUMPTIVE COMPLAINTS.



Exercise is to be observed in consumptive as well as in *nervous cases*, to which the reader is referred. New milk should be taken for breakfast and supper; if it purges it should be boiled. Cow's milk is preferable to that of asses. Woman's milk has been by some recommended\*. Goat's whey is too diluent, and Dr. Marryatt has observed many fatal effects from it. The same celebrated author says, that meat

\* Dr. Buchan relates a case of a man reduced to such a degree of weakness in a consumption, as not to be able to turn himself in bed. His child happening to die, he sucked his wife's breast, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man!

broths may be taken as strong as the stomach will bear, particularly pork; jellies, prepared from any animal substance, should be taken as often as possible, and the patient should ride on horseback every morning; if too weak to sit alone, should be supported by one that rides behind, for, says he, "riding in a morning is absolutely necessary". Boerhaave is of opinion, that butter-milk is better than any other kind of drink for consumptive persons, and says he has known very extraordinary cures performed by butter-milk, when the case was looked upon as desperate: in this opinion Baynard also coincides. I am perfectly convinced it has a very good effect, particularly if two or three tea-spoonfuls of the Cordial Balm of Gilead be mixed with each draught, which will prevent any griping pains in the bowels which butter-milk is otherwise apt to occasion, as well as promote its efficacy.

A dry, warm, clear air, is necessary; likewise the Bristol\* or Spaw waters; or for common drink,

\* The Author's practice from the city of Bristol and its vicinity, has been great indeed; and applications for his advice have been exceedingly numerous. He feels himself highly flattered by the many marks of attention paid to him from persons of the first respectability in that neighbourhood.



Sir,

No. 3, Wine-street, Bristol.

We ordered of you, three weeks ago, Six Dozen of your Balm of Gilead: we are sorry to inform you they are not yet arrived. It is a great disappointment, as we sold the last two bottles this evening, and the person wanted more. Our sale increases rapidly; we have sold, in the course of a few months,

an infusion of linseed, decoction of bran; or for a change, sago, saloup, or chocolate; tea. prepared from tusseligo or coltsfoot flowers, sweetened with honey, I can with confidence recommend; but above all things the Cordial Balm of Gilead ought to be attended to, and taken as before directed in any of the above liquids, either as a common drink, or at least three or four times a day: but let it, however, be observed, that it is not to be taken alone, but mixed in some mild liquid. Shell fish of all sorts; wild fowls are very proper; port wine with the Cordial may be freely used. Conserve of red roses, to the quantity of three or four ounces a day, has been taken with amazing advantage.

Lemon juice, sweetened with honey and rose or lime water, and a little of the Cordial Balm of Gilead added thereto, has a particular good effect in this disease.

upwards of *fifteen hundred Bottles*; and we are happy to inform you, that several persons within our own knowledge have found great relief in Nervous and Consumptive complaints, Asthma, Shortness of Breathing, &c. &c.—We trust the box will come to hand to-morrow. We are, Sir, very respectfully,

Your most obedient servants,

*Bulgin & Sheppard.*

To Dr. Solomon, Liverpool.

*Extract of another Letter.*

In addition to our letter of the 7th ult. we have sold, since the above period, near One Hundred bottles more, to persons of the first respectability, who speak of its efficacy with raptures.

Bark is frequently administered with very great advantage when an imposthume is formed on the lungs, which may be distinguished by the spitting of gross matter, oppression of the breast, and hectic symptoms. It is best to be given in substance. An ounce of bark may be divided into sixteen doses, and one taken every three hours in a little rose or lime water, sweetened with syrup of balsam. Lime water may be made by putting half a pound of quick lime into a pan, and pouring thereon a gallon of boiling water; when it has stood for twelve hours, pour off the clear liquor, and cork it up in bottles for use.

The following medicine I have had most wonderful success with in consumptive cases, even when there was very little hope of recovery :

*Take vinegar of squills, an ounce; lime water, half a pint; honey, and honey of roses, of each a quarter of a pound; the juice of two lemons, and one bottle of the Cordial Balm of Gilead. Put the whole over a gentle fire in a saucepan, and let it boil a few minutes; take off the scum, and strain it through a cloth.*

Of this mixture let a table spoonful or two, more or less, be taken five or six times a day: if it causes any sickness, which is very seldom the case, let the dose be diminished, or left off for a whole day, and then begin with it in a lesser dose than before, as one, two or three tea-spoonfuls at a time, gradually increasing the quantity as the constitution of the patient will admit.

The author has ordered the above medicine some hundreds of times, and is fully persuaded that if it is properly managed, there is no stage in this disorder in which it will not prove efficacious, nor has it ever once deceived him.

This medicine ought to be given in such doses that may produce a trifling nausea or sickness at the stomach, which will soon go off; but it is never intended to vomit. There is no desirable effect that may not be expected from it.

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## CURES.

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That consumptions, so universally considered as incurable, however hereditary, inveterate, or of long standing, may now be with certainty removed, and that the constitution may be restored, though emaciated to so great a degree that existence is considered as nearly at an end, is highly, fully, and beyond a doubt exemplified, in

A RECENT LETTER FROM

*JOHN CARTER MULLINER, ESQ.*  
OF SHOTLEY, NEAR IPSWICH,

*Sir,*

*dated 29th August, 1801.*

Gratitude impels me not only to thank you, but also to request you to make my case public for the benefit of others:--- My family have always been consumptive, having lost two sisters and a brother; and I should certainly have fallen a victim if your Balm of Gilead had not saved me. I have been under almost all the faculty of eminence near me; particularly Dr. Hawes, of Cavendish, so eminently famous for consumptive cases. You have my hearty concurrence to make my

case known. Finding relief from a small bottle, when nothing else afforded me the smallest benefit, I persevered till a 5l. case completely cured me. I assure you I will recommend the Balm of Gilead to all I know labouring under similar complaints.

I am, Sir, your obedient servant,

JOHN CARTER MULLINER.

*To Dr. Solomon, Liverpool.*

N.B. Persons desirous of further information, may be satisfied in every particular by Mr. Woolfrey Middleditch, Chemist, Ipswich.

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 VIDE, LEGE, ET CREDE.

*Case of JAMES VAUGHAN, Esq.*

(Late Banker) Park-street, Bristol,

*Who has very laudably given permission to its being made public, for the good of the afflicted.*

He is 61 years of age, and acknowledges with gratitude that he received infinite benefit from seven bottles of the Cordial Balm of Gilead; having thereby been restored from an asthma, cough, violent wheezing of the lungs, strong hypochondria, lowness of spirits, great relaxation, weakness of body, restless nights, uncomfortable dreams, all which reduced him very much; he is now lusty, strong and hearty, and enjoys better health than he has experienced for these thirty-five years.

JAMES VAUGHAN.

Signed 26th June, 1799.

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 REMARKABLE CASES.

Lieutenant-Colonel Colquhoun,

*Of Ross Lodge, Dunbarton, (Uncle to James Colquhoun, Esq. M.P. Rosedoe-House, Dunbarton),*

Has reaped the most extraordinary benefit from Dr. Solomon's Cordial Balm of Gilead, in a Nervous complaint, attend-

ed with very alarming symptoms of weakness of many years standing, occasioned by great exertion and fatigue during a long campaign in the last American war; many unsuccessful medicines, recommended by the most eminent in the profession, were tried, which would be tedious to recapitulate; suffice it to say, that the Cordial Balm of Gilead was the only remedy that had the long wished for effect. So sensible is the Colonel of the great efficacy of this medicine, that he has generously given Dr. Solomon permission to make use of his name, in recommending the Cordial Balm of Gilead as a most valuable, safe, and efficacious medicine, in all cases of weakness or relaxation of the nervous system, &c. &c.

*July, 1800.*



The wife of Mr. SAMUEL COCK, Perfumer, Plymouth-Dock, having been for many months in an extremely weak and relaxed state of body, and bad digestion, not being able to retain any thing on her stomach, and her nervous system so weak that every little noise put her into the most violent agitation, was given over by her friends, and her doctor declared he could prescribe no more for her. In this unhappy situation the Cordial Balm of Gilead was resorted to, and by the blessing of God, six bottles completely restored her to health and spirits. Mr. Michael Taylor is a witness to the above case; he has resided in the house of Mr. Cock for near two years past, and having occasion to leave town for a few weeks, was greatly surpris'd on his return to find her much better than he had ever known her before, especially, as on his leaving Plymouth, he never expected to see her again alive.

August 10, 1800.



ROBERT RAIKES, ESQ. (founder of the Sunday schools) of Gloucester, unites his testimony to the great success and wonderful efficacy of the Cordial Balm of Gilead.



*To Dr. Solomon, Liverpool.*

Dear Sir,

I cannot refer to the time when I have taken the pen in my hand with more satisfaction than the period in which it is now occupied, to acquaint you of the astonishing efficacy of your Cordial Balm of Gilead, which I have used in consequence of excessive debility, occasioned by a three years residence in the West-Indies, and imputed to the heat of the atmosphere. Having embarked from that part of the world so emaciated, with but little appetite, and my strength very nearly exhausted, spiritless, and unable to get any natural sleep, I arrived in this situation at Liverpool, and applied immediately to Dr. Solomon, whose excellent advice and medicine, after persevering in it for six weeks, completely restored to me my original good state of health. I am now returning to the West-Indies, in the ship *Diana*, Capt Coupland, where I shall exert myself, as much as possible, to establish the Cordial Balm of Gilead, well knowing it is a medicine deserving every encomium that can be bestowed on it, and perfectly adapted to the climate.

I am, dear Sir, your obliged and obedient servant,

JOHN WATKINS.

*Witnesses*, Mr. Samuel, silversmith and draper, Old Dock.

D. Isaac, ready-made seaman's clothes warehouse,  
Strand-street, Liverpool.

Liverpool, Sept. 7, 1799.

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EXTRACT OF A LETTER

*From Mr. William Hodgson, Editor of the Carlisle Journal, dated 30th June, 1801.*

Mr. J. HARPER, an inhabitant of this neighbourhood, for several years laboured under a most lamentable depression of spirits, which rendered him almost incapable of either bodily or mental exertion; and although he had the advice of several gentlemen of the faculty, of unquestionable abilities, yet



I perceived with much concern that he grew worse, and he ultimately exhibited every symptom of a person in the last stage of a consumption; his countenance was pale and meagre, and his voice had lost its usual sonorous tone. Through continued importunity, I prevailed upon him at length to make trial of your Cordial Balm of Gilead; and after using two bottles of it, his spirits were much recruited, his face began to resume its wonted bloom and plumpness, and he is now, I am happy to state, completely restored to his pristine health and vigour.



*To Dr. Solomon, Liverpool.*

Dear Sir,

Bristol, Dec. 1799.

It would be injustice to the afflicted as well as yourself, were I not to declare that I am restored from a state of deplorable debility, weakness, and the horrid train of symptoms attendant on a nervous complaint of long standing, by the Cordial Balm of Gilead. My complaint so emaciated me as to be almost incapable of performing the duty in which I have been engaged, (as mate in the *Trelawney*, from this port to Jamaica for six voyages), at sea, or at home. But happily I can now declare, that that valuable medicine of yours has restored my health and invigorated my constitution, which had previously been impaired by great exertion and heat of climate. I can further assure you, that my wife has taken the Cordial Balm of Gilead for a complaint in her stomach, attended with a variety of distressing and alarming symptoms of debility, with success; being now, thank God, perfectly free therefrom. Should this letter be deemed proper for publication, you certainly have my permission.

I am, dear Sir, your obedient servant,

Witresses,

SAMUEL LOVELL.

W. Pine and Son, Wine-street.



*The following original Copy of a Letter*

was addressed to

Samuel Solomon, Esq. M. D. Liverpool.

Dear Sir,

I am an old man, 77 years of age, and I believe should have been in my grave long since was it not for your famous medicine, the Cordial Balm of Gilead. Many cures it has performed, but none I think so great as mine; I can prove on oath, if required, that it has done me the most good of any thing on earth. Sir, I know you not, and as I bought your medicine, can have no interest in voluntarily sending you this letter, for your satisfaction, as well as for the good of every body. I was taken with a cold, being removed into a cold room in very cold weather, and was taken so ill that I was almost deprived of breath, thinking I should expire every minute. However, Mr. Bailey kindly got me a half-guinea bottle of the Cordial Balm of Gilead; in less than five days it broke a lump just above my stomach, which appeared to me to be as large as a goose's egg, which immediately cured me; however I have kept taking it ever since, and shall do so as long as I live, for it revives my heart, and give me such comfort as I cannot describe.

As I find I shall save a guinea by taking twelve bottles together, and for which you charge five guineas, do pray send them to me, for there is great difficulty in getting them here; having sent to Manchester, they tell me they can hardly get supplied fast enough. Please to pack them carefully up, and direct them for me, Jeffery Frost, Macclesfield, Cheshire. I shall, dear, kind Sir, ever pray for you, and remain

Your very humble servant, JEFFERY FROST.

P. S. I wish you to publish my case, for the good of all people who are ill.

\* \* \* Mr. T. Goodwin, Macclesfield, paid Dr. Solomon five guineas for the medicine, on account of Mr. Jeffery Frost.



*Extract of a Letter*

from

JOHN JACKSON, ESQ. OF CASTLE CARBERRY,  
(county Kildare), Ireland, dated 1st August, 1801.

To Dr. Solomon.

Dear Sir,

I inform you with great pleasure, that Mrs. Jackson (my wife), was two years and a half completely bed-ridden, and not able from her great weakness to eat, drink, or digest any thing, till she was advised by a friend to try your truly celebrated Cordial Balm of Gilead, nine bottles of which has had so extraordinary and happy an effect, that she is now, though at the age of sixty-three years, able to walk out and exercise herself, being most perfectly recovered, to the surprise and astonishment of all her neighbours; in consideration of which, and in justice to your medicine, you have my permission to publish the same, should you think proper.

I am, dearest Sir, your much obliged,

JOHN JACKSON.

*Extract from the Glasgow Courier.*

Mr. Alexander Hunter, merchant, in Glasgow, was for a long time in a bad state of health, so much so that he was under the necessity of giving up business, and retiring to the country; and even the country air had no effect in restoring him to health. At length he was advised to make trial of the Cordial Balm of Gilead, a few bottles of which restored him to health. He has some time since resumed business, and enjoys good health.

Each of the above gentlemen will satisfy those who intend to begin a course of the Cordial Balm of Gilead, on personal application.



*Bilious, Flatulent, & Windy Complaints.*

Bilious and windy disorders are of all the most common, and have, perhaps, the least attention paid to them; notwithstanding that few persons are free from some disagreeable circumstances owing to wind and bile, which frequently prove the source of the worst and most crabb'd cases.

*METHOD OF CURE*....The predominant acid in the stomach is to be destroyed by an emetic; the wind is to be expelled by the use of the Cordial Balm of Gilead, which is a most noble carminative, nervine and cardiac: the bowels to be kept free by aloetics or antimonials; if accompanied with a diarrhœa, let bark with opiates be given; ginger, castor, opiate confection, tincture of asafœtida, and such like. A milk diet, at least morning and evening, is of the utmost service. Abstinence from fruit, vegetables, malt and other fermenting liquors, is indispensably necessary: animal food; and spirits, with two or three tea-spoonfuls of the Cordial Balm of Gilead diluted with water, may be used with safety; the warmer the liquor is drank the better. Pains, sickness, and common disorders of the stomach and bowels, are instantly removed by two or three table-spoonfuls of the Cordial Balm of Gilead in half a pint of boiling water, taken as hot and as fast as it can be supped. Obstinate pains in the sides and loins of many years standing, have soon yielded to this salubrious Cordial, taken in this manner.

It would, I think, be very proper to propose the following questions to all persons who are suspected to labour under chronic complaints, viz. Have you any thing of the heartburn? any soreness or heat in the stomach? Does water ever rise in your mouth in the morning? Do you feel any nausea or sickness at your stomach in the morning? Are you oppressed with wind in your bowels? Do you find ease by discharging it? Does it ever rise up in your throat or seem to fly between your shoulders? Have you any pain in your left side? Do you feel a sort of weight or pressure over your eyes? Have you a sensation of fulness after eating; a fluttering about your heart? Any swelling at the pit of your stomach, or pain on the right side of it, or under the blade bone of your right shoulder? Do you not feel a faintness within you? Are you costive? Do you ever void worms or slime? Any difficulty of breathing?

A single affirmative to any of the above questions will warrant the use of the Cordial Balm of Gilead\*, aided by mild evacuants, as the nature of the case may require, keeping the bowels open, or restraining the flux if excessively loose, will, to the no small surprise of the patient, soon restore the unhappy sufferer to a perfect state of health, by removing the cause of the disease, as the author has joyfully experienced in many hundreds of instances, in an extensive practice, with the most happy and uniform success.

\* Vide General Directions for taking it.

## EXTRACT OF A LETTER

*From William Greenshield, Esq.*

One of His Majesty's Justices of the Peace for the  
County of Dublin,

*To Doctor Solomon, Liverpool.*

Mrs. Greenshield has tried your Cordial Balm of Gilead, and though she has had the advice of many of the most eminent of the faculty in Ireland to prescribe for a bilious complaint that has attacked her these ten years, she found the most wonderful benefit from your medicine alone.

WM. GREENSHIELD.

*Dublin, No. 7, Montague-street,  
9th Oct. 1800.*

*No. 9, Montague-street Dublin, Nov. 4, 1800.*

TO DR. SOLOMON, LIVERPOOL.

Sir,

Having been for some months much affected by an oppression in my chest and lungs, and being advised by a friend to try your Cordial Balm of Gilead, on taking a few bottles I have found the greatest relief from them, and, I make no doubt, that a few bottles more will restore me to my former good health.

I am, Sir, your obedient humble servant,

JANE CARLOS.

*Witness---* Wm. Greenshield, one of his Majesty's Justices of the Peace for the county of Dublin.

## EXTRACT OF A LETTER

*From Mr. Thomas Greenlees, Rochdale,*

*dated October 15th, 1800.*

On the 16th instant, I had the pleasure of being informed by Mr. Hoyle, woollen tradesman, near Newchurch, Rossendale,

of his being restored to a very good state of health, by the use of four bottles of your Cordial Balm of Gilead, after having been long to all appearance in a deep decline and bilious complaint.

~~~~~  
TO DR. SOLOMON, LIVERPOOL.

*Queen's Head Hotel, No. 25, Bride-street. Dublin,*

Dear Sir,

*Oct. 26th, 1801.*

With much pleasure and thanks I write to inform you, that my wife, from being in the last stage of a weak and bilious nervous fever, attended with every symptom of decay, is now restored to perfect good health by taking five bottles of your truly celebrated medicine the Cordial Balm of Gilead. I should consider it a crime if I withheld from the public my testimony of the good effect of this medicine, you will therefore please to make the cure known at large, and I will satisfy any enquirer on the subject.

I am, dear sir,

Your obedient servant, A. DEMPSTER.

~~~~~  
Mrs. Price,\* widow of the Rev. Mr. Price, late Vicar of St. John's, Chester, begs to acquaint Dr. Solomon, that having been for a considerable time grievously afflicted with a nervous and bilious complaint, want of appetite, indigestion, &c. for which she had the best advice of the most able physicians of Liverpool, but all without the smallest benefit, until, by urgent solicitation of friends, she made use of a bottle of the Cordial Balm of Gilead, and which Mrs. P. assures Dr. Solomon has completely restored her health.

\* Mrs. P. is the daughter of that much-lamented Member of the Corporation, Alderman Bolland, of Chester.

~~~~~  
The following

EXTRACT OF A LETTER

*Has been forwarded by Mr. Tregortha, of Burslem, in Staffordshire.*

I was extremely ill for above three months, with a pain in my right side, my legs and belly were swelled prodigiously, the

food I took occasioned excessive pain in my stomach, in short I was so reduced that my life was despaired of; the first bottle I took of Doctor Solomon's Cordial Balm of Gilead, brought on a regular evacuation by stool, and four more restored me to a perfect state of health.

THOS. GUEST.

*Burslem, 29th Dec. 1801.*

*To Dr. Solomon, Liverpool.*

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### *Nausea, or Want of Appetite.*

This is generally, in my opinion, rather a symptom of other diseases, than a disease of itself; particularly of the Asthma, Dropsy, Hypochondria, Melancholy and Nervous Complaints, Gout, &c.; for when the humours are corrupted, and the spirits depressed, as in malignant diseases, the faculty of digestion is impaired; for nature in general seems so intent upon expelling another disease, as to neglect this. Begin the cure with a vomit of about 20 grains of ipecacuanha; a course of the Cordial Balm of Gilead; exercise; early rising; temperance; and the cold bath. These being observed, the cure will soon be obtained.



*From the Hereford Journal, of August 12th, 1801.*

Extract of a Letter from

MR. JOSEPH MORRIS, OF CHEPSTOW,

To Dr. Solomon, Liverpool,

*dated May 11th, 1801.*

It is with great pleasure I acquaint you that a gentleman in this neighbourhood has found wonderful relief by taking your



noble Cordial Balm of Gilead. He was troubled with a violent cough, which deprived him of his rest at night, continually spitting up a blackish substance, from which your medicine has completely recovered him. Several other persons have received great benefit who do not chuse to have their names mentioned, but to whom any respectable enquirer will be referred, by

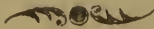
Your humble servant,

JOSEPH MORRIS.



Mr. Owen Owen, of Carnarvon, has a cousin, Grace Parry, living in Moe'Iden Ferry, Anglesea, who for seven years was in a drooping low way, dreadfully afflicted with a nervous complaint, that at times she was confined to her bed. All remedies that could be obtained were tried in vain, until the Cordial Balm of Gilead was had recourse to, from which she was immediately benefited, and by a little perseverance is now quite recovered, being quite sound, well, and hearty. This case, (among a thousand others), so fully establishing the great efficacy of the Cordial Balm of Gilead, is attested by Mr. Owen Owen, of Carnarvon, who will give every satisfaction to those who think proper to be satisfied of the truth.

Attested 3rd Sept. 1801.



### *Incubus, or Night Mare.*

The Incubus rarely seizes any one except in their sleep, and when the stomach is oppressed with aliment of hard digestion, especially if the patient lies on his back. Those that are seized with it seem to have a heaviness on the breast, and about the præcordia; and if they want to speak they cannot. Sometimes they see spectres of various forms, and cannot get rid of the load, or remove the body but after a long

struggle; at length the imaginary weight vanishes, but generally leaves a tremor of the heart, and frequently a quick and violent vibration of the diaphragm.

Those who are subject to this disorder ought to eat little or no supper, to lie with the head raised high with pillows, and to take every night two table-spoonfuls of the Cordial Balm of Gilead ten minutes before going to bed; to use plenty of exercise, and if possible the cold bath.

The Cordial Balm of Gilead ought also to be taken in the day-time, as recommended in the General Directions, to which refer.



### *Loss or Defect of Memory.*

The remote causes of this complaint are hurts of the head, falls, contusions; passions of the mind; too great loss of blood or semen, either by excessive venery or pollution; epilepsy or melancholy, sometimes by certain narcotic drugs taken internally.

The cure consists in taking the Cordial Balm of Gilead regularly three or four times a day, using moderate exercise, rising early, applying externally to the temples and vortex oil of amber; and the shower bath has been of great service during a course of the Cordial Balm of Gilead. The diet should be moderate and strengthening.



## *Languor, Fainting, Swooning, &c.*

Those who are most liable to swoonings or fainting fits, are those of weak nerves and delicate in constitution. They are seldom dangerous when properly attended to, but prove extremely hurtful if wholly neglected.

The general causes of swoonings are, sudden transition from heat to cold; breathing air that is deprived of its proper spring or elasticity; great fatigue, excessive weakness, loss of blood, long fasting, fear, grief, and other affections of the mind.

Persons who faint ought immediately to be removed into the cold air; the temples should be rubbed with strong vinegar or brandy, and volatile spirit of sal ammoniac applied to the nose. The patient should be laid on the back with the head low; have a little of the Cordial Balm of Gilead in some wine, or even in some water, given as soon as it is possible to be poured into the mouth by little and little at a time\*. In all epidemic fevers, whether proceeding from the above causes, or from weakness, relaxation, and debility in general, as from nervous and hypochondriac affections, great fatigue, long fasting, loss of blood,

\* A worthy and most respectable clergyman was restored from the jaws of death (at three o'clock in the morning, when his family were taking their last farewell of him, of no less than a wife and ten children) from a dangerous spasmodic affection in the lower region of the stomach, by a table-spoonful of the Cordial Balm of Gilead, and only once repeated. Reference may be had to the Rev. gentleman himself, by applying to Mr Swinnew, Letter-Founder, Birmingham.

or the like, the patient must be supported by generous wines, in which the Cordial Balm of Gilead is mixed; jellies, broths, sago gruel with wine, new milk, and other things of a light cordial nature. These things are to be given out of the fit. All that can be done in the fit is directed above, together with a compress dipped in the Cordial Balm of Gilead, applied to the pit of the stomach.

Though it has been common in faintings, first to bleed the patient, yet I will venture to say, that nothing can be more prejudicial or dangerous in weak and debilitated constitutions; but in full plethoric habits it may be of service, though it should always be trusted to with great caution.

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### *Extraordinary Case.*

I, JOHN BARNES, master and owner of the Margaret Hoop, of Dumfries, do declare, that being in a gale of wind on the 21st of October, 1797, off the banks between the Ormhead and North West Buoy, and having severely suffered by great exertion and fatigue, having lost all our sails, I was suddenly seized with a violent spasm at the pit of my stomach, which nearly deprived me of life, and I was unable to attend the deck for some time. Fortunately a passenger had part of a bottle of the Cordial Balm of Gilead by him, by which he had been cured of a nervous complaint, and he persuaded me to take a dose, which the moment I had done, relieved me; and I have not been troubled with that dangerous, painful, and alarming complaint since.

Liverpool, 28th October, 1797.

JOHN BARNES.

Witnesses, { Joseph Lee.  
 { Thomas Swarbreck, Printer, Vernon-  
 street, Liverpool.



## ADDRESS

TO

*THE FAIR SEX.*

—

*On Weaknesses*

CONTRACTED BEFORE MARRIAGE,

*&c. &c.*

THERE are disorders contracted by the fair sex, the cause and cure of which are of such a nature that they wish to conceal them, and therefore suffer worse consequences than can here be described.

To tell in a few words what I mean by these diseases ; they are such as the patient, by criminal indulgence of her passions, has herself been the instrument in causing. Many of the fair, in their younger years, have suffered much from a *secret vice*, by which they have endeavoured to procure themselves those pleasurable sensations which God has ordained to be the effects of mutual commerce between the sexes. It is indeed a matter of late become too notorious to be doubted, and too dreadful in its consequences to be indulged in ; I mean that abominable vice *Onanism*, or *secret venery*—and certainly none

can take it amiss, if, for the advantage of the fair sex, I endeavour to remove the evil consequences of it, and

“ Hold the mirror up to Nature; to show Virtue her own feature, Scorn her own image, and the very age and body of the Time his form and preffure.”-----SHAKESPEARE.

This secret vice is chiefly a fault in *both* sexes; and nothing can possibly be of more importance to the preservation of human kind in general, than the endeavouring to prevent a practice which strikes at the very root of fecundity, and is particularly destructive to young men as well as women; but besides its wickedness, it is the most prejudicial thing that can be to the human constitution. Its bad effects on the body are very many and great. If practised often, it relaxes and spoils the retentive faculty. It occasions the whites in women, and gleet in men. It ruins the complexion, and makes them pale, swarthy and haggard. It produces a long train of hysteric disorders, and sometimes, by draining away the radical moisture, induces consumption.

It brings on heat in the privities, belly and thighs, with shooting pains in the head and all over the body. It sometimes occasions that fatal malady the *furor uterinus*, or insatiable appetite to venery, the consequences of which are dreadful beyond conception. But what it is the most liable to produce, is barrenness, by causing an indifference to the pleasures of Venus; and, in time, a total inability or inaptitude to the act of generation itself.—Virgins who thus abuse their bodies, deflower themselves, and destroy that valuable

badge of their chastity which it is expected they should not part with before marriage, but which when lost can never be retrieved.

Maids who thereby deprive themselves of that sacred badge, the loss of which, before marriage, was so severely punished by the *Jews*, under what apprehension must they continually live ! with what terror must they approach the marriage bed, which heaven has designed for the seat of the highest sensual enjoyments, when they reflect, that their *virtue*, on the first amorous encounter, is liable to such suspicions as may never be worn off, but which may render uncomfortable the life of her, or her otherwise *affectionate husband* ! The physiognomy, that faithful mirror of the state of soul and body, gives the first indication of internal disorder. The complexion and plumpness, which jointly confer a youthful look, and which is the sole substitute for beauty, are the first things that disappear ; a leanness succeeds, the skin becomes rough and tinged, of a bad colour ; the eyes lose their brilliance and deaden ; and by their languor express that of the whole frame ; the lips lose their vermilion hue, the teeth their whiteness, and the whole body receives a shock, which gradually tends to distortion of the spine. How often do we see females after being well made at 8, 10, 12, 14, and even 16 years of age, become crooked by bending of the spine ! and that it is chiefly owing to that criminal and secret indulgence is well known and established. This infamous habit

was common among the Roman women at the time when all morality was lost, and was more than once the subject of the satrists of the age.\*

Nature has given some women a semi-resemblance of a man; this has upon slight enquiry given rise to the chimera of hermaphrodites. The supernatural size of a part which is naturally very small, and whereupon M. Tronchin has given a very learned dissertation, produces all the miracle, and the shameful abuse of this part all the evil. Some women who were thus imperfect, glorying, perhaps, in this kind of resemblance, seized upon the functions of virility. The danger of this kind of pollution is not, however, less than that of the other sorts of masturbation: the effects are equally shocking; all these paths lead to emaciation, languor, pain and death. This last species deserves the greater attention, as it is frequently practised at present; and it would be easy to find more than one *Laufella*, or a single *Medullina*, who, like those Roman females, so much esteem the gifts of nature, as to think they ought to abolish the arbitrary distinction of birth.

Women have been known to love girls with as much fondness as ever did the most passionate of men, and conceive the most poignant jealousy, when they were addressed by the male sex on the score of love.

What I have already said concerning the horrid practice of self-abuse, if properly attended to, will be

\* *Juven. Sat. 6. v. 321.*



sufficient to render it *abominable*; to deter the young, and hitherto innocent, from making themselves *miserable*; and to stop the course of those who have already advanced far on the road to *destruction*. Let them when any way tempted, reflect on the miserable condition of many, who in galloping consumptions, have *died* terrible examples to all those who persist in this *vice*! And as relaxations, weakness, and infertility of the parts, whether male or female, are the common consequences that follow, relief can only be obtained by the Cordial Balm of Gilead, which is successfully prescribed for barrenness, seminal weakness, muscular relaxations, &c.

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### *Furor Uterinus.*

The Furor Uterinus is attended with obscenity, restlessness, and a delirium. The patients delight to talk obscenely, and solicit men to satisfy their desires, both by words and gestures. It arises from too great a sensibility or inflammation of the *pudenda*, or parts where the venereal stimulus resides, which are chiefly the clitoris and vagina; or the too great abundance of acrimony of the fluids of those parts; or perhaps both these causes may exist together: but what it is mostly occasioned by, is, the criminal abuse of the body, by a baneful habit, which is too frequently practised by young women, as has been treated on in the foregoing chapter.

The accidents to which women are liable are ac-

counted for upon the same principles as those of men; the humours which they lose being of more or less value, and not so elaborate as the sperm of man, its loss does not perhaps weaken so soon; but when they are guilty of excesses, their nervous system being weaker than men's, and naturally more subject to spasms, the accidents which arise therefrom are more violent. Dr. Tissot says, "I was an eye-witness of a shocking spectacle of this kind in the year 1746; a young woman of about twenty-three years of age, challenged six Spanish dragoons, and sustained their attacks for a whole night, in a house near the gates of Montpellier; she was next day brought into the city almost dead, and expired at night, bathed in her own blood, which gushed from the matrix".

Let my fair readers take warning by such examples, and shun that dreadful precipice whereon many a fair and otherwise amiable female, has been unfortunately wrecked! This deluding vice has generally been called Onanism; being the supposed crime for which the Lord slew Onan, as recorded in the 38th chapter of Genesis. It is turning the grace of God into lasciviousness, violating his laws of propagation, and plunging the soul from its original seat of happiness into a gulph of misery and woe!!!

Assuredly the melancholy train of ideas and infirmities this destructive habit brings on those who are unfortunately attached to it, claims our pity and consolation, rather than our vengeance and contempt. *Turn, then, ye unthinking mortals, turn from the*

paths which lead you to destruction, and walk in the road that will lead you to *happiness*. Fly from this tempting, this deceitful *sin*, whose syren charms allure you to your *ruin*. Turn to that all-gracious Lord, who is now only waiting that he may be gracious—"THERE IS STILL A BALM IN GILEAD, THERE IS STILL A GREAT PHYSICIAN THERE".

It is to be hoped that these observations will be sufficient to stop young people from this pernicious practice, and thereby prevent them from plunging into a sea of misery, without, perhaps, a single plank to escape upon.

Nothing, perhaps, weakens the mind so much as this pernicious practice, which takes possession of the whole mind and attention, and prevents its votaries from following their respective avocations, by engrossing their ideas, even when they should be employed in devotion or business. It renders them stupid, dull, and thoughtful, and destroys all their vivacity, cheerfulness, and health; by bringing on consumptions, weaknesses, barrenness, and all that dreadful train of *nervous* complaints, which makes them timid, whimsical, and ridiculous. It agitates the mind, causes frightful ideas and horrid dreams, and ultimately renders them fearful of even being left alone for a few minutes!

Surely such a train of miseries proceeding from this cause might be sufficient to deter young people from beginning such a practice. Doubtless it would if they were sufficiently aware of its baneful effects.

But these are not all the evils arising from this habit ; as will be shown under the article *Onania* or *Onanism*, which in *this* edition is considerably *enlarged* from the former ones, and illustrated by a number of remarkable cases and cures, which came under the immediate care of Dr. Solomon ; likewise many letters from persons whom the Doctor has restored to health, strength, and happiness, after every other application had proved fruitless, and innumerable remedies tried in vain.



## BARRENNESS.

Barrenness is such a state of a woman's body, as indisposes it, upon the use of the natural means, to conceive and propagate her species. It may be properly reckoned among the diseases of females ; as few married women, who have no children, enjoy a good state of health.

It proceeds from many sources, and may be reduced under two general heads.—First. an indisposition of the parts to receive the male semen in the act of copulation, or that vital effluvia streaming from it, which alone can impregnate the *ovaria*. Secondly, an inaptitude to retain and nourish the vital particle after it is injected, so as to make it grow, and compound its parts, till it become a proper fœtus.

The reception of the seed is hindered by many

causes: an immature age, when, by reason of the narrowness of the genital passages, the woman cannot admit the virile member, or at least not without great pain, which makes her dislike copulation; and old age has sometimes the same effect, for in elderly virgins the parts are so straitened for want of use, that they cannot, without difficulty, contribute to the means of generation.

Conception is also hindered by an hectic, hydropic, or feverish, sickly habit; by a deficiency or obstruction of the monthly courses, when the natural briskness of the blood is wanting; by an immoderate flux of the courses, which impoverishes the fluids; by the whites, which continuing too long, relax the glands of the womb, and drown, as it were, the prolific particles; and too often by *secret venery*, which utterly destroys the tone and vigour of the parts. This may particularly happen on the side of the man, since it induces seminal weaknesses, and a want of proper erection. When there is a total want of erection, or of seminal matter on the side of the *male*, generation is not only *impossible*, but the cure very precarious and difficult. (In such cases it is absolutely necessary to consult Dr. SOLOMON, by letter, post paid, inclosing his usual fee of half-a-guinea). But preparatory to the cure of infertility in either sex, it is proper to use evacuations, unless any particular symptom shows them to be dangerous. Bleeding, lenient purgatives, such as lenitive electuary, and a gentle vomit of ipecacuanha, especially if the

person be plethoric, or cachochymic, is of the greatest service.

Continue the Cordial Balm of Gilead three or four times a day, as the age or constitution of the patient may require. This will be found most excellent for barrenness and debility; which will greatly warm and purify the blood and juices, increase the animal spirits, invigorate and revive the whole human machine, and not only raise the appetite to venereal embraces, but remove the usual impediment to fertility, prepare the womb for performing its office, and the ova for impregnation.

The Cordial Balm of Gilead warms, comforts and excites the generative parts to admiration, and seldom fails of curing all common occasions of barrenness in a month or six weeks, if duly followed.



ON

# Female Complaints.

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## *Of the Menses.*

ANCIENT and modern physicians have endeavoured to investigate the cause of this flux, which resembles the ocean in ebbing and flowing at certain periods. It is called the menstrual discharge, or flux of the blood; which issues from the uterus every month. It usually begins about the age of thirteen and terminates about forty, which renders these two periods the most critical in the whole life of females; and the greatest care is then necessary, as their future health and happiness depend in a great measure upon their good conduct at *these* times. When the important period of menstruation arrives, much depends upon proper management: a sedentary life, restraint and confinement at that time, are unfavorable; while moderate exercise, the open air, cheerful society, and indulgence, are highly requisite. Hard work, and exposure to much cold, and damp air, are too dangerous to be hazarded, even among the poorest people, inured to all kinds of rough weather. In some females the menses are very irregular, sometimes happening on the twenty-seventh day and sometimes on

the thirtieth. Duretus says, that some women have their menses twice a month, without the least injury to their health; while others have not had them even once a month. The same irregularity is observed in respect to the duration of the flux, for in some it continues three, in others four, and even six days; however for the most part, Hippocrates says, that it terminates on the third.

\* \* \* *For reasons easily imagined, Female Cases are omitted in the Guide to Health.*



### *Immoderate Evacuation.*

A large flux of blood from the uterus ought not to be neglected, particularly if attended with loss of strength, and which may bring on the other symptoms of lassitude and debility, as want of appetite, crudities from indigestion, a sense of weight from the region of the stomach, an ill colour in the face, a languid pulse, swelling in the feet, and a disturbed sleep without refreshment.

When this discharge is occasioned by an error in the patient's regimen, an opposite course to that which induced the disorder must be pursued, together with two tea-spoonfuls of that celebrated medicine, the Cordial Balm of Gilead, in any convenient drink, thrice a day. This will counteract the morbid affections of the blood from whence it proceeds; and to *restrain the flux*, the patient should be kept quiet and easy both in body and mind. If it should be very



violent, she ought to lie in bed with her head low, and live upon a cool, slender diet, as veal or chicken broths, with bread; and drink a decoction of nettle roots and great comfrey; or two drachms of alum, and one drachm of japan earth may be pounded together, and divided into nine doses, one of which may be taken three times a day. Such as cannot bear alum on their stomachs, may take two table-spoonfuls of the tincture of roses, with a tea-spoonful or two of the Cordial Balm of Gilead, three or four times a day, adding to each dose from eight to ten drops of laudanum; should these fail, half a drachm of Peruvian bark in powder, with ten drops of elixir of vitriol, may be taken in a glass of red port wine, four times a day.

If the menses appear in breeding women, the true and only remedy is two spoonfuls of the Cordial Balm of Gilead, with ten drops of laudanum, three or four times a day, until they are restrained; for opium does not much affect the head when the lower viscera are affected. A woman's life, when almost expiring with a flux of blood, has been saved by the above remedy.

Immoderate evacuations are produced by a sedentary life and want of proper exercise; hence this is a disorder most commonly to be found among the rich, but seldom among the poor class of women who have much exercise and live sparingly. It is also occasioned by too frequent use of salt, high-seasoned victuals, spirituous liquors, violent agitation of the passions of the mind, from losses, gaming, fear, anger,

grief, &c. Too great exercise does as much harm, as moderate is serviceable; especially if the patient is subject to this flux from other causes; such as too frequent repetition of the venereal act, or from a miscarriage.



### *Suppression of the Menses.*

As soon as a healthy female arrives at her full growth, she generates more blood than can be conveniently contained in the vessels; wherefore the superfluity is evacuated by the uterine arteries, and this is called the menses; but from whatever cause this flux is obstructed, (except in a state of pregnancy), means should be used immediately to restore it. Females who have arrived to the period when the menses usually begin to flow, and they do not appear, should be placed in a situation where they can have exercise, and enjoy the benefit of free air and agreeable company, instead of being kept confined to the house; and two spoonfuls of the Cordial Balm of Gilead should be taken three times a day, in any convenient drink; also a gentle dose of physic every third day;—wholesome food and amusement should be attended to. There is then no fear but nature, assisted by this salubrious Cordial and proper exercise, will soon do her work.

The female constitution being of a more delicate conformation, and having a finer texture of nerves

than the other sex, gives women a quickness of sensibility and great promptitude of expression ; it softens their manners, refines their ideas, and produces a lively sensation of pleasure and pain. But while they enjoy these advantages, and are deservedly objects of affection and esteem, the softness and peculiar construction of their frame subjects them to painful and critical vicissitudes, which, as they affect not only their health, but also their temper, fully entitle them to all possible lenity and indulgence.

The first appearance of the menses in girls who never had them before, is generally preceded by a sense of heat, weight and dull pain in the loins, distention and hardness of the breasts, head-ach, loss of appetite, lassitude, paleness of the countenance, weariness of the legs, sometimes a slight degree of fever, and during the flux a nausea and faintness. When these symptoms are observed about the age which the menstrual flux usually begins, such things should be carefully avoided which are most likely to obstruct that necessary and salutary evacuation ; and all the means used to promote it, as sitting frequently over the steam of warm water, drinking warm diluted liquors, in which a tea-spoonful or two of the Cordial Balm of Gilead should be previously put.

When the menses have appeared, great care should be taken to avoid any thing that may obstruct them in future. Females ought to be extremely cautious what they eat and drink when they are unwell ; every thing which is cold or apt to turn sour upon the stomach,

ought to be avoided. But should it happen that any thing had been eaten that was improper, and the effects begin to be perceptible, a dose of this medicine will give instantaneous relief.

What is extremely hurtful at this particular period, is *cold*; more of their sex date their disorders from colds caught while they are out of order, by wearing thin covering from following the most ridiculous fashions in dress,\* than from any other cause; this ought surely to put them upon their guard, and to make them very careful in keeping themselves warm

\* As the Ladies now, in 1802, discard all dress, except a kind of long *chemise*, I beg to present them with the following parody; and sincerely hope that it may persuade them, as the winter approaches, to purchase more flannel, and fewer muslins.

Doctors! I have lost my health,  
Where, o where my vigor?  
No faithless swain, no act of stealth,  
Reduc'd me to this figure.

Plump and rosy was my face,  
And graceful was my form,  
Till fashion deem'd it a disgrace  
To keep my body warm.

I sacrific'd to modify whim,  
(What belle can e'er forsake it)?  
To make myself genteel and slim,  
I strip me almost naked.

And naked thus I must remain  
Till Fashion weds with Reason;  
God grant they may united reign  
Before the frosty season.

and circumspect in their conduct at such times. A degree of cold, that will not at any other time do the least injury, will at this period be sufficient to ruin their health and constitution.

Mr. Wheeler's *Manchester Chronicle*, of the 9th of January, 1802, contains a paragraph worthy to be recorded; it is this: "Among the string of remarkable domestic occurrences in the last year, the following appears: A considerable number of gay young ladies died of consumptions in November, in consequence of having gone half naked during the piercing winds of the preceding January".

The greatest attention likewise should be paid to the *mind*, which should be kept as easy and cheerful as possible. Every part of the animal economy is inflamed by the passions, but none more than this; anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual flux, which prove absolutely incurable by any other remedy than the Cordial Balm of Gilead.

When obstructions proceed from a *weak* or *relaxed* state of the solids, the *Cordial Balm of Gilead* ought by no means to be omitted, along with such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood. A teaspoonful or two, with a little *Bark* or other bitters, may be taken either in substance or infusion, as is most agreeable to the patient.

When obstructions proceed from a viscid state of blood, in women of a gross and full habit, evacua-

tions and such medicines as attenuate the humours, are necessary; the patient in this case ought to be bled, and bathe her feet in warm water frequently; to take now and then a cooling purge\*, and regularly two tea-spoonfuls three times a day of the Cordial Balm of Gilead, and live upon a spare, thin diet; her drink should be whey, water, or small beer, with a tea-spoonful of the Cordial therein, and she ought by all means to take sufficient exercise. If it proceeds from affections of the mind, as grief, fear, anger, &c. every method should be taken to amuse and divert the patient; and that she may more readily forget the cause of her affliction, she ought to be removed, if possible, from the place where it happened. A change of place has often a very happy influence, by presenting the mind with a variety of new objects, in relieving it from the greatest distress. A soothing, kind, and amiable behaviour to females who are in this situation, is of the last importance.

As obstructions of the menses are often the effect of other maladies, which females are apt to bring upon themselves, by that baneful habit of self-indulgence,

\* The following pills may be taken, with the Balm of Gilead :

Take of Socotrine Aloes, a drachm ;

Filings of Iron, two scruples ;

Precipitated Sulphur of Antimony, half a drachm ;

Ca'omel, a scruple ;

Oil of Savine, twenty drops ;

Simple Syrup, enough for thirty-two pills ;

Two to be taken every night or oftener.

of which more will be said hereafter, we should by all means endeavour to restore the patient's health and strength by the Cordial Balm of Gilead, which is the only remedy in such cases.

To instruct girls very early in their conduct and management of themselves at this critical period, is, as Dr. Buchan and other writers justly remark, the absolute duty of mothers, and those who are intrusted with their education. Ignorance or inattention to what is beneficial or hurtful at this time, are the source of many diseases and misfortunes in life, which a few sensible lessons, from an experienced matron, might have prevented. Nor is care less necessary in the subsequent returns of this discharge: taking improper food, violent affections of the mind, or getting cold at this period, is sufficient to ruin the health, or to render the female ever after incapable of procreation.

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### *Chlorosis, or Green Sickness,*

Is an obstruction from the womb-vessels of young females, when their courses begin to flow. It is attended with a sallow, pale or greenish colour of the face, a difficulty of breathing, a sickness of the stomach at the sight of proper food; sometimes an unnatural desire of feeding on chalk, coals, stones, tobacco-pipes, sealing-wax, and other things of an hurtful and improper nature. The stoppage of the menses is not always the cause of the distemper; for they

sometimes, though seldom, flow regularly in the progress thereof. According to *Etmuller*, the suppression of the menses is rather the effect, than the cause, of this disease. *Sydenham* looks upon the disease to be a species of *Hysterical affection*, which is known by the paleness and discolouration of the face, and the whole body.

The above complaint indisputably arises from stifling or suppressing the calls of nature at this vernal season, or juvenile spring of life, when the primary command of God, "*increase and multiply*", is most sensibly impressed upon the whole human fabric. Every tube and vessel appertaining to the genital system, being now filled with procreative liquor, excites in the female a powerful, yet perhaps involuntary, irritation of the parts; which strongly solicits the means of discharging their load by venereal embraces. These, from prudential motives, being often necessarily denied, the prolific tinctures seize upon the stomach and viscera, pen back and vitiate the catamenia, choak and clog the perspirative vessels, whereby the venal, arterial and nervous fluids become stagnant, and the leucophlegmatia, or white flabby dropsical tumour, pervades the whole body, and quickly devotes the unhappy patient to the arms of death. In this manner, I am sorry to remark, are thousands of the most delicate and lovely girls plunged into eternity, in the very blossom of life, when female excellence is but budding forth, big with the promised fruit of rapture and delight! How much then does it become the duty of



parents and guardians, who have daughters or wards in situations like these, and where no very gross objection can arise, to suffer them to marry with the men they love, as it will effect the most rational and most natural cure, by removing the causes of the complaint altogether.

Though the sex ought to be cautious of listening to, or encouraging the addresses of vain and trifling persons, who from a volatility of temper, rove about from one object to another, without having a spark of real affection for any, but make love for entertainment, and substitute compliment and flattery instead of the sincere effusions of the heart; yet when the prospect is such as promises the parties concerned the enjoyment of happiness, the nuptial union ought not to be too long delayed; and when this is the case, parents indeed, with common prudence and humanity, will consult their children's welfare in mind and body, and do every thing in their power to promote the health and comfort of both.

If, however, matrimony be not then convenient, nor likely, in a short time, to take place, recourse must immediately be had to proper regimen and physical aid, otherwise delirium or consumption will quickly ensue.

The following will generally effect a cure: *Take of the leaves of Briony, Pennyroyal and Mugwort, each an handful; infuse them four days in two quarts of water, and then strain off the liquor for use—bottle it up, and take a gill glass three parts full, with two*

or three tea-spoonfuls of the Cordial Balm of Gilead added thereto, three times a-day, viz. morning, noon and night, until the patient finds herself entirely free from every symptom of the disease. For this malady, which hurries thousands of amiable young females into consumptions, the celebrated Cordial Balm of Gilead (prepared by no one else in the world but DR. SOLOMON, *Solomon's Place, Brownlow-street, Liverpool*), is the best remedy ever known; it unclogs the genital tubes, purges and cools the uterus and vagina, promotes the menstrual discharge, cleanses the urinary passages, dissolves viscid humours in the blood, sharpens the appetite, stimulates the nerves, and invigorates the spirits, which in all stages of the Chlorosis are apt to be depressed. When this disorder is not very far advanced, nor obstinate, take from two tea-spoonfuls to a table-spoonful of the Cordial three or four times a-day in a wine-glass of cold water, for thirty or forty days successively, and it will perform a cure without the infusion, which however makes the dose the stronger.

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### *Fluor Albus, or Whites.*

The Fluor Albus, or Whites, consists in the efflux of a whitish, lymphatic, serous, or aqueous humour from the matrix. *Sydenham* says, it is sometimes white, sometimes pale yellow, green, or blackish; sometimes it is sharp and corrosive; sometimes foul and fœtid; the face is discoloured; there is a pain in

the small of the back; the appetite is lost, and the eyes and feet swell.

It most generally proceeds from a debilitated state of the body, chiefly from indolence, or excessive use of tea, coffee, or any other weak, watery diet. Some women have a periodical flux of the whites, instead of the menses. It is attended with a pain and weight in the loins, cloudy urine, a loathing after some things and a longing after others.

Barren women and those who are most liable to miscarry, are chiefly troubled with the whites. The feet swell by day and the face by night. It is attended with a difficulty of breathing, and a palpitation of the heart. The discharge is sometimes so sharp as to ulcerate the parts, which, however, are soon healed by a little common cerate. It brings on dropsies and consumption, which if not speedily remedied, puts a period to the patient's existence. It is sometimes attended with an acute pain, and the patient cannot bear conjugal embraces.

It may be known from the venereal disease (which is sometimes of great consequence to distinguish) by the whites ceasing at the time of the menses, and do not appear again until they are over; but a venereal running remains constantly upon the patient, even at the same time as the monthly discharge. Dr. Pitcairn relates a case which lasted four years, during which time the disorder returned regularly every new moon, and continued eight days.

Maids of a weakly constitution, as well as mar-

red women and widows, are often troubled with the whites; indeed there are few of the sex, especially such as are any way sickly, but have known it more or less.

The patient should take as much exercise as possible, and let her drink rather freely of red port or claret, mixed with Pyrmont, Bristol, or lime water; tea and coffee are to be avoided. Strong broths and milk diet, Astruc says, are exceedingly good to be taken in this disease; she must abstain from herbs and fruit, and drink red port wine at meals.

She ought by no means to lie long in bed, and nothing can possibly be better than a decoction of tormentil roots, bistory, comfrey, and rose leaves, and add two or three tea-spoonfuls of the Cordial Balm of Gilead, which must be persisted in morning, noon and night for ten days; then take it twice a day for ten days more, after which discontinue the decoction, and take the Cordial every morning and evening for a month, in a wine-glass of cold spring water; the disease will be found gradually to abate, and upon any symptom of a return of it, take a tea-spoonful of the Cordial in a wine-glass of cold water, for a week; or 30 drops of balsam of copivi, with a tea-spoonful of the Cordial Balm of Gilead, three times a day, may be taken, and it will entirely go off. In warm weather the cold bath will be of singular service.



# Pregnancy,

OR

## *CHILD-BEARING,*

CANNOT properly be called a disease, though attended with a variety of complaints which require great attention, but for the cure or alleviation of which, medical aid has hitherto proved very deficient—so in these complaints, the Cordial Balm of Gilead exerts most extraordinary properties, and excels whatever has been hitherto offered under a medical form. It is an universal purifier to all those heterogeneous particles which produce nausea; for as it is according to the grossness of the essences at the time of conception, that vomiting, pains in the head and stomach, fainting, &c., arise, which proceed from the jarring elements, arising from the disproportion in the constituent parts of the male and female *seed*, in their primary qualities, which is not only attended with great debility and depression to the mother in her whole nervous system, but frequently with hereditary diseases and dreadful consequences to the infant offspring, which nothing but the powerful exertion of the active faculty of nature can preserve from falling a prey to the gross and viscid elements, which contaminate this procreative mixture. Now the Cordial Balm of

Gilead is elegantly adapted to invigorate and assist that active faculty in expelling all viscid humours ; being compounded of the most subtle, active and penetrating essences of nature, and fitted to the most active principles of the patient's elementary powers and vivifying influx, prepared from that living fire which germinates the vital principle, and quickens the embryo in the womb ; being joined to an ethereal spirit, strengthens and assists the *vis vitæ*, by attracting and uniting the four elements or procreative faculty into one harmonious combination, without destroying their variety or distinct powers ; whence it is of the same nature and property as the animal spirit, and nervous elastic light of fluid, which purifies and fans the breath of life, first breathed into the nostrils of *Adam* by his Creator, and communicated to his race by the action of the womb, as the flame of one candle is communicated to another.

Hence the *Cordial Balm of Gilead* produces the most salutary effects to every woman in a state of pregnancy, by stimulating the procreative faculty to the formation of the finest children, correcting or purifying the male seed from infection or disease ; removing all loathings, longings or vomitings ; and effectually preventing abortion, from any cause whatever.

For these important purposes, when a woman enters into the state of matrimony, she would do well to take two spoonfuls of the *Cordial Balm of Gilead* every morning and evening, to promote conception ;

she should then continue it three times a week from conception to the end of the fourth month; then it should be omitted till a fortnight before her time, when she should take a tea-spoonful or two in a wine glass of cold spring water every morning till her labour, at which time it will wonderfully strengthen her, assist her throes, facilitate the birth, promote the lochia, and carry off the after-pains. She might take it occasionally during the month, in any symptom of cold, fever or hysterics, diluted in a wine glass of warm water, about the middle of the day.

Pregnant women are often afflicted with the heart-burn, sickness and vomiting, especially in the morning;—likewise both the head-ach and tooth-ach are very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open with using senna and prunes, figs, roasted apples, and the like; and as for the latter, it is soon removed by dipping a bit of cotton or lint into the Cordial Balm of Gilead, and applying it to the afflicted tooth.

Several other complaints incident to pregnant women might be mentioned, as a cough and difficulty of breathing, suppression and incontinency of urine, &c. but all these symptoms are readily removed by having recourse to the Cordial Balm of Gilead, and taking it as directed before.

Every other disorder to which a woman, during the state of her pregnancy, is liable, is chiefly, if not entirely, owing to a deficiency of heat and blood;

which may easily be gathered from the consideration of the expense she is at for the nutrition of the fœtus, and the formation of its appurtenances : if two ounces of blood were drawn every day from a person ever so healthy, for forty weeks together, let it be left to common sense to determine whether such a one can stand in need of supernumerary venæsections during that time.

It is upon this account that their faces appear so thin, and various disorders attack them which originate from a deficiency of blood. If a woman with child is bled, says Hippocrates, a miscarriage is endangered ; the larger the fœtus, the more certain and expeditious will be the abortion. Experience confirms the truth of this observation of the divine old man. I knew many ladies who used phlebotomy during their pregnancy, and miscarried ; but on the omission of it, went out their full time, and were delivered of healthy children. That all do not miscarry who are bled is true, and indeed nothing is more to be wondered at than the inexhaustible resources of nature, by which she can recover herself from the consequences of such ill-timed evacuations.

To use phlebotomy because the periodical visits disappear, is absurd and puerile, for it cannot be a manly argument, that we ought to lavish away that fluid which nature demonstrates her want of, by her care to preserve it. Bleeding is always hazardous and improper during pregnancy, and frequently brings on convulsions and death. To this rash and inexcusable



imprudence it is owing that such numbers of women, who even go their full time, die in child-bed.

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### *Abortion.*

As every pregnant woman is more or less in danger of abortion, it should be guarded against with the greatest care, for it not only weakens the constitution, but renders her liable to the same misfortune afterwards.

Abortion may happen at any period of pregnancy; but it is most common in the second or third month. Sometimes, however, it happens in the fourth or fifth. If it happens in the seventh month, the child may be kept alive by proper care and attention.

The common causes of abortion, according to Astruc, are the death of the child, weakness or relaxation of the mother, great evacuations, violent exercise, raising great weights, reaching high, jumping or stepping from an eminence, vomiting, coughing, convulsion fits, blows on the belly, falls, fevers, disagreeable smells, excessive loss of blood, indolence, high living or the contrary, violent passions or affections of the mind, as grief, fear, &c.

The signs of approaching abortion are not unlike those of a natural labour; such as sickness, palpitation of the heart, pains in the loins or about the bottom of the belly; a dull, heavy pain in the inside of

the thighs, the breasts become flat and soft, there is a discharge of blood or watery humours from the womb.

To prevent abortion, women who are subject to miscarry, and those who are of a weak or relaxed habit, ought to take two or three tea-spoonfuls of Dr. Solomon's *Cordial Balm of Gilead* three or four times a day, about eleven in the morning, a quarter of an hour before and at the same time after dinner, and about eight o'clock in the evening ; to use solid food, abstaining from the use of tea and other watery liquids ; to keep the body free by the use of senna, and prunes stewed, or lenitive electuary : to rise early, and go to bed soon ; to shun damp houses ; to take frequent *exercise* in the open air, but to avoid fatigue ; and never to go abroad in damp or foggy weather if they can help it.

Pregnant women ought to be kept cheerful and easy in their minds, and their appetites ought to be indulged as far as prudence will permit.

*Upon the first appearance of any symptoms of abortion*, the woman ought to be laid in bed on a mattress, with her head low ; she should be kept *quiet*, and her *mind* soothed and comforted ; she ought not to be kept too *hot*, nor to take any thing of a heating nature. Her food should consist of broths, rice and milk, jellies, gruel made of oatmeal, and the like, all of which ought to be taken cold. Her drink ought to be barley-water, sharpened with a little lemon-juice, or she may take half a drachm of nitre in a cupful of water gruel, every five or six hours.

Should she be seized with a violent looseness, the best thing will be to drink a little starch, boiled in milk to a thin consistence.

If she is affected with vomiting let her take three tea-spoonfuls of the Cordial Balm of Gilead in a little French brandy, and repeat it every third hour until the intention is answered. In general, opiates are of service, but they should always be given with caution.—Pregnant women should not be restrained from following their usual *exercise*. Want of exercise not only weakens the body, but is the chief cause of abortion. There are some women, however, of so delicate a texture, that it is necessary for them to avoid almost every kind of exercise, during the whole period of pregnancy.

Women who are subject to miscarriages, should never fail to take the Cordial Balm of Gilead, from the time they have reason to believe they are pregnant, until a full month after they have quickened. It may be taken once, twice, or thrice a-day, or every other day, as the urgency of the case may require, from one to three tea-spoonfuls, in a glass of *smiths' forge-water*, which may be obtained at any blacksmith's shop, (but it ought to be filtered through paper), or in soft spring water, in which common oak bark had been steeped; and she will effectually get over all causes of abortion.

Women, after sudden miscarriages, or bad labours, will find wonderful relief by taking a tea-spoonful or two of it once or twice a-day, in a wine glassful of warm water, for a week or ten days.

*Nurses* also, whose milk is griping or defective, should take it once or twice a-day, or as often as occasion may require. The intention will quickly be experienced, the milk will be purified and augmented, and all the fluid secretions promoted, in a manner productive of sound health, both to the mother and child.



### *Child-Birth.*

In order to attain the knowledge of difficult births, it is necessary to form a just idea of those that are natural.

The time of the natural birth is from the 15th day of the 9th month, to the end of the 30th of the same ; yet some women affirm it may be sooner or later. *Hoffman* says, the usual time is nine solar months ; and *Junker*, that excretions from the *uterus* being by women referred to certain *lunar phases*, they reckon their going with child by the weeks, and that they usually exclude the *fetus* forty weeks from the time of their being with child, commonly on that very day they were used to have their menses.

The signs of an approaching birth are, remarkable descent of the womb, and a subsidence of the belly ; the head of the *fetus* falls down to the orifice of the womb and presses upon it ; the orifice of the womb dilates by the weight, and the *Chorion* and *Amnios* being driven forward with the waters they contain, form a kind of pouch or bladder at the said orifice, which should be suffered to break of

itself, or at least it should not be burst till the woman is really in labour. There is a flux of a whitish matter from the said orifice: Pains which extend from the loins and groin towards the genital parts: There is a frequent desire of going to make water or go to stool, or continual *Tenesmus*: A flux of the waters from the membranes which contain the child, immediately before the birth, or more early: A trembling of the lower joints. Sometimes the head aches, and the face looks intensely red.

The infant gradually advances, the above protuberance continually enlarging the passage, that the crown of the head may be felt; the birth is then advanced one third, and the midwife may now assist the exclusion. However, nature alone would now do the work. When the infant is advanced forward, as far as his ears, he is said to be in the passage. If the membranes are not already burst, they may now be opened, and the waters, by their effusion, will render the *vagina* slippery, and promote the exclusion of the infant. When the child is born, the midwife should lay him on her knees, so as to give issue to the waters from the mouth, if any has been imbibed. Soon after the *placenta* appears of itself, if not attached to the *uterus*; if otherwise, the midwife must separate it gently, by introducing her hand.

The navel string must now be cut, having first made a ligature as well on the child's side as the mother's, to prevent a hæmorrhage.

The midwife, at first, after having asked a few

questions, ought to examine by the touch, with the fore and middle finger, having first paired her nails close. She must introduce them from time to time, to know the state of the *uterus*; and as the birth advances, she must relax the *vagina* by some oily remedy. The mother should regulate her throes, and use her efforts all at once, not divide them, especially when the head is advanced, that the shoulders may immediately follow, and the child escape the danger of strangling.

After the child is born, and the after-birth brought away, let a warm linen cloth be applied to the parts, but not so as to hinder the flowing of the *lochia*. An hour after, let the mother take a little oil of sweet almonds, to ease the after pains, and let a cataplasm of oil of sweet almonds, and two or three new-laid eggs, be boiled together, and laid to the parts, renewing it every six hours for two days. Fifteen days after the birth, the parts may be bathed with an astringent decoction of red roses, balaustines, or nut-galls, in red wine, in order to brace them.

If the labour be long and difficult, it will be proper to bleed to prevent inflammations, and to give a table-spoonful of the Cordial Balm of Gilead every three hours; or with the addition of cinnamon water, or *confectio alhermes*, not forgetting an oily clyster.

A difficult birth may be caused by the mother or the midwife. The fault is in the mother, if, when the orifice of the womb is open, and the child rightly placed, she has not strength to expel the *fatus*,



especially if the waters are come away, and the pains cease, or when the mother will not exert herself; or there is a natural fault in the genital parts.

In a defect of strength or pains, all else being right, a table-spoonful of the Cordial Balm of Gilead every two or three hours, should be given, with cinnamon water, again and again, if the work does not go forward.

Stimulating clysters may be injected now and then, especially if the woman is costive. The midwife should also press back the *Os Coccygis*, which tends to excite the pains, and to ease the labour.

If the parts are over straight, as in the first birth, especially if the woman is not young, emollient liniments are to be used, and the parts must be anointed with fresh butter or oil, and to be dilated gently with the fingers. If there is a tumour, caruncle, or membrane opposing the birth, a surgeon's assistance is required.

The midwife is in fault when she hastens the labour before the time, when there are no true pains, when the orifice of the *uterus* is not open, which alone distinguishes the true pains from the false, whence the woman is weakened, and both the mother and the child are in the utmost danger. Therefore the true time of birth must be waited for, the woman must be composed, and her spirits kept up with the Cordial Balm of Gilead; for nature may be led, but not driven.

If the fault is with the *fœtus*, and the head is too large, or the shape monstrous, or the situation præter-

natural, then forcing medicines are fruitless and noxious; and the *fœtus* is to be brought forth by the feet, by a skilful hand, whether alive or dead. The child must be turned and educed with the greatest caution.

If the feet present first, the midwife must be wary, lest there be twins, and lest she should take a foot of each. The feet must be wrapped in a dry napkin, and the child must be drawn gently, till the waist is in the orifice of the *uterus*. Then the infant's hands must be drawn down close by the sides; and if the nose be towards the *os pubis*, it should be turned towards the *coccyus*, to prevent any obstacle. Then the orifice must be dilated with the fingers, and the woman's throes should assist the midwife's efforts to educe the child. If the chin is embarrassed, the midwife must disengage it, by putting her finger into the mouth, in order to turn it to advantage.

If the infant's head presents across, or laterally, it must be put back, and gently turned to its natural situation. If the shoulder presents, the same art must be used, though the difficulty is greater.

If the belly, hip, or thigh appears first, the child must be extracted by the feet, and the mother must lie horizontally on her back. If one or both hands are directed upward, and lie close to the head, the case is not so bad as some apprehend; for they will keep the orifice equally dilated till the head passes, and prevent strangling.

If the infant is dead, there is generally a collapsion of the *abdomen*, the breasts are flaccid, the infant bears



on the lower parts of the *pelvis*, and the child, upon motion, rolls like a lump of lead. The bones of the skull are wrapped over one another, an ichorous lymphatic sanies flows from the uterus, and the mother is subject to fainting. There is no pulsation in the navel-string, and it is soft and indolent to the touch, and absolutely deprived of motion. If the *placenta* comes first, and is hot, the child is alive. Above all, if any part of the infant's body appears, and is full of small vesicles, livid, soft and brittle, it is not only dead, but beginning to putrify.

In these cases he must be extracted by the feet, and if it cannot be done otherwise, with an instrument; but a man-midwife's assistance must not be neglected.

When the *fœtus* dies before the time of birth, and the membranes continue whole, it will not putrify; therefore the work must be left to nature, for birth-pains will at length come on spontaneously.

If the navel-string first appear, and is compressed soon after by the head of the infant, its life is in danger; and the remedy is to return the infant, and reduce the cord till the head fills the orifice. But if this cannot be done, the woman must be put in a suitable posture, and the child must be extracted by the feet.

When the *placenta* first presents itself, which is known by its spongy, soft texture, and the great quantity of blood flowing at the same time, it requires speedy assistance. If the membranes are entire, they should be broken, the *placenta* and membranes should be reduced into the *uterus*, and the child be extracted

by the feet, (which is more easily performed in the membranes than in the *uterus*,) and put into a proper situation. But if the *placenta* is disengaged from its membranes, and these are broken, and the *placenta*, or both appear before the infant, they may be brought away first, and the infant immediately afterwards.

When there is a great flux of blood from outward accidents, the infant should be immediately delivered by art, though the mother is not in true labour. If the *uterus* is opened, and the *vagina* relaxed, as in this case they commonly are, the child must be extracted by the feet. If not, they must be mollified with fresh oil, and the infant delivered as before.

After all laborious births, the woman is generally weak and apt to faint; therefore her spirits should be kept up by the Cordial Balm of Gilead, which must be repeated as often as there is occasion.

If, after the child is born, the *placenta* does not soon follow, and it adheres to the womb, the woman is not immediately to change her posture; but the midwife's hand is to be introduced into the womb as far as the *placenta*, taking the navel-string for a guide; and taking hold of it, she is to move it gently to and fro in order to loosen and extract it. If it adheres too closely, it is not to be pulled forcibly, or broken; for it generally produces an inflammation, gangrene, or bad fevers, particularly the miliary. It will be therefore best to wait half an hour, keeping the hand in the *uterus*, for fear of its closing, till it comes away of itself, or may be separated without force.



If the patient is very weak, she must take comfortable broths, till she is a little recovered, and then if the *placenta* does not come away with the after-pains, you must proceed as before. If through the unskilfulness of the midwife, the orifice of the womb closes before it is brought away, aloetic pills must be taken morning and evening, which will soon yield relief.



### *The Turn of Life.*

The menses generally cease to flow between forty and fifty years of age, which renders this period very dangerous, as it lays the foundation for many future diseases. The great discharge that this produces, by so copious a drain being taken into the habit, without previous preparation, is the sole cause of this danger.

The more slowly and gradually this salutary evacuation is diminished, the less the constitution is exposed to disorder, on its final determination. It is therefore always adviseable to take proper steps to prolong its continuance, and secure the system from an abrupt and hasty departure.

All women are more or less sensible when this period arrives, and should take care of themselves accordingly; for when the menses are about to go off, they appear for the most part irregular, both in time and quantity; once in a fortnight, three, five, or six weeks;—sometimes very sparingly, at other times in immoderate quantities. For want only of necessary

care and attention during the time the menses thus dodge, and give symptoms of their departure, many complaints ensue ; among which are colds and chills, succeeded by violent flushings of the face, and heats of the extremities ; restless nights, troublesome dreams, and unequal spirits ; inflammations of the bowels, spasmodic affections, stiffness of the limbs, swelled ancles, sore legs, with pains and inflammation ; the piles, and other symptoms of plenitude. But all this might easily be prevented, by attention to a due regimen, and taking this truly valuable Cordial as frequent as occasion may require.

When a woman suspects her menses are about to leave her, let her take a (dry) *vomit*, and make a decoction, by taking gentian roots, one pound, senna and orange peel, of each half a pound ; pour upon them a gallon of hot water, and after it has stood twenty-four hours, pour off the liquor for use. Let her take from two to four tea-spoonfuls of the Cordial Balm of Gilead in a gill glassful of the above decoction, every night and morning for ten days ; then let her continue it every morning for ten days more, and afterwards every two or three days, or oftener ; she is likewise to take a dose of gentle physic twice a week. This course must be followed at every *spring* and *fall* for a month or six weeks successively, by all women who find their menses dodge, or come sparingly, until they entirely cease.

If they flow too abundantly, and produce a flooding, the patient must be kept as much as possible at

rest, with her head low, until the medicine has had time to take effect. Let her diet be spare, but not too lax :—The following will be of great service :

*Take conserve of roses, an ounce ; astringent saffron of iron, two drachms ; and oil of cinnamon, six drops. Mix these into an electuary (which may be made up by an apothecary, if the recipe be sent him) and take the quantity of a large nutmeg every day at noon, for six, eight or ten days, or longer, as the urgency of the case may require, drinking immediately after it one table-spoonful of the Cordial Balm of Gilead in a wine glassful of warm water :* the flooding, by this means, will gradually abate, the feverish symptoms will go off, the back will be strengthened, the womb-vessels cleansed, and the patient wonderfully restored. After the tenth day, in most cases, the electuary may be discontinued, and the Cordial Balm of Gilead, from two tea-spoonfuls, to one table-spoonful and a half, taken according to the constitution of the patient, to prevent a relapse.

It is evident that the intention of nature in returning this flux back into the habit, is to nourish and preserve life, not to destroy it.—Until the age of puberty, girls require this blood for the sustenance and nourishment of their bodies ; when that is sufficiently established, it is applied to the purpose of nourishing the fœtus, and of suckling the infant. When child-bearing subsides, and the eve of life comes on, the flux is returned back to comfort and preserve it ; therefore if women were careful to observe a regular course

before this flux returns upon them, by adopting the methods I have prescribed, and by taking this medicine at spring and fall, for two or three years previous to the time, they might not only escape the perils and dangers attendant on this period, but would lay the foundation of a settled state of life, and enjoy a sound constitution of body, to extreme old age.

It is a just observation that those who grow up very fast, are generally sickly and seldom live to a great age. The prime of life draws very soon towards the verge of declension, which stage, like their youth, is equally rapid in its progress. Quick growth draws out and elongates the fibres and vessels to a greater extension than the vital powers can nourish and support; hence the constitution becomes weak and relaxed. This error in the procedure of nature should be remedied, if practicable, by the cold bath, and the Cordial Balm of Gilead.

Female organs of generation are certainly more complicate than those of men; but from their peculiar delicacy and different structure, they are subject to diseases, which men, in regard to the sensation thereof, must be totally strangers to.

This consideration will naturally inspire man with tenderness and compassion, for the many weaknesses and complaints they labour under; at the same time it will excite in his breast an ardent desire to aid and protect them on all occasions, as the objects of his felicity; and tenderly preserve them, as the plantations of mankind.

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TO

## THE AFFLICTED

WITH THE

*SCURVY,*

King's Evil, Scrofula, Struma, Leprosy,

*Erysipelas, or St. Anthony's Fire,*

GOUT, RHEUMATISM, PILES,

*Lues Venerea, Yaws,*

and

DISORDERS ORIGINATING IN OBSTRUCTED PERSPI-  
RATION, OR IMPURITY OF THE BLOOD.

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**D**OCTOR SOLOMON has, with great anxiety, observed that scorbutic and other eruptive disorders have very considerably increased in this country of late years; notwithstanding the many remedies which have been repeatedly offered to the public under the most specious pretences. The merits of these specifics it is not his business or intention to call in question. He cannot, however, but regret, that after the strenuous efforts of so many persons, attentive to the cure of these complaints, and the whole materia medica having been ransacked for the means to eradicate them, they

should still gain ground, and become in a manner constitutional to numbers of the inhabitants of this climate.

Serious reflection upon this important subject has at length determined Doctor Solomon to endeavour to point out to the public the causes of these maladies—the various forms and appearances by which they are manifested—and to offer some observations on the best mode to obtain a certain and lasting cure : and he trusts, that the destructive disorders above alluded to, will be totally eradicated in many, and their dreadful symptoms greatly relieved in all who apply to the remedies which will be recommended to them, in the selection of which the greatest care has been taken to discard every thing that can possibly tend to hurt the weakest constitutions, and to unite with judicious acumen those medicines which are the most pointedly directed to remove obstructions and correct impurities in the vital stream.

It has been held by all physicians, that chronic distempers abound chiefly among the inhabitants of the northern parts of the globe ; and we have unhappily experienced the truth of this assertion in this country, where the frequent sudden changes of weather at certain seasons of the year spread the most excruciating and alarming disorders among us, by chilling the blood, and materially affecting the state of the perspiration ; and thus occasioning colds, coughs, rheums, &c. &c., the portentous harbingers of almost every disease which proves so fatal to the



inhabitants of Great-Britain. Perhaps there is no place on earth so subject to these sudden changes as this our island, where the extremes of heat and cold are often experienced in one day. Hence it becomes a matter of the greatest national importance, to seek out for some general and decided remedy for those disorders which take their rise from obstructed perspiration. One of the immediate effects of this obstruction is to contaminate the vital fluid, by fixing the saline particles in the blood, which nature would kindly evaporate, and thus increasing the impure juices, and disposing them to corruption and putrefaction; which is the true source of various obstinate and dangerous disorders, throwing out eruptions upon the skin, by the malignity of its virus undermining the constitution and endangering the lives of thousands. According to the various habits, or constitutional propensities of its subjects, and the degree of malignity with which the blood is impregnated, it embitters the patient's life with one or more of the disorders hereafter enumerated; and if recourse be not had in time to proper remedies, they become rooted in the habit, so that few medicines can reach the malady; and many that are improperly made use of for that purpose, only serve to exasperate and drive the humours into new channels, and thereby fix them deeper in the habit.

Dr. Solomon having been long in possession of a medicine for the certain and effectual cure of those disorders which arise from an impure and vitiated state

of the blood and lymph, possessing the great quality of being an antidote to mercury, which is in itself a disease, has observed with the deepest regret, the numberless instances where patients have pined away a miserable existence, without receiving the smallest benefit from mercury, antimony, decoctions of woods, or any thing they could procure, at length yielded to the pressing necessities of his fellow-creatures, and published to the world a medicine truly calculated to cleanse the blood from all foulness, counteract every morbid affection, and restore weak and emaciated constitutions to their pristine health and vigour.—The public have been therefore presented with the

### Anti-Impetigines;

a most safe, salutary, and absolute specific remedy for those deplorable and hitherto incurable diseases, viz.

|                     |   |                |
|---------------------|---|----------------|
| SCURVY,             | } | PIMPLED FACES, |
| LEPROSY,            |   | PILES,         |
| ELEPHANTIASIS,      |   | GOUT,          |
| KING'S EVIL,        |   | RHEUMATISM,    |
| SCROFULA,           |   | SCIATICA,      |
| STRUMA,             |   | LYES VENEREA,  |
| ERYSIPELAS,         |   | YAWS,          |
| ST. ANTHONY'S FIRE, |   | &c. &c.        |

The Anti-Impetigines is by no means a new medicine, although not long since made public; it is founded on a chemical and philosophical basis, under

the sanction of the great and learned Doctor Cullen, of Edinburgh, who describes "Impetigines", in his ever to be admired Practice of Physic, No. 1737, as "disorders originating from a depraved habit, or affections of the skin", and not calculated to cure *every* complaint, as the nostrums of the day profess to do; but this noble medicine, as well as the Cordial Balm of Gilead, are appropriated each to its own proper sphere, by which means their efficacy are certain and permanent. The Anti-Impetigines was divulged to the present proprietor by his father, a regular practitioner and surgeon in Prince Ferdinand's army at the time of the battle of Minden: it was never intended to have been published, but the secret was left at his father's death to his family. The good of the public, however, being paramount to every other consideration, induced Dr. Solomon to prepare it for their use and advantage.

The lamentable state in which the physical art stands at this day with respect to the Venereal Disease, cannot be better described than it is in Dr. Bell's preface to his Treatise. He says, that "although much information may be obtained from *two works* just published on this complaint, as well as *some other* recent ones, there is STILL much left for others to elucidate." He goes on and says, "such is the effect of his EXPERIENCE and OBSERVATION, that *further advantages* are *daily accruing* from the labours of *individuals* IN THIS DISEASE, as well as almost every other." Here then is a confession from a respectable

surgeon, founded on "experience and observation", that "further advantages are daily accruing from the labours of individuals": Dr. Solomon's labours have been indefatigable, he has at a great expense brought the Anti-Impetigines to perfection, and into universal use and request. In *venereal cases* it has not its equal for certainty, safety, and efficacy—*mercury* may perhaps be opposed against it, but the ANTI-IMPETIGINES enters the list willingly, for upon the wreck of this destructive mineral its fabric is erected, strong, firm, and lasting! Men of character, liberality, and education, possessing public confidence as clergymen of unsullied reputation, have recommended numerous objects of those cruel diseases, the scrofula, king's evil, scurvy, &c. to Dr. Solomon's care, to whom this wonderful remedy was applied with the most unbounded success; and those who were reduced to the very jaws of death by mercury and the Venereal Disease, have been snatched from destruction and restored to their relations and friends with renovated health and vigour, and those bones which were almost starting through the skin, are covered with flesh, firm and healthful! Such are the virtues of the Anti-Impetigines, and such are its wondrous effects upon the human body! the antidote to mercury, and the purifier of the blood and lymph.

"Like the baseless fabric of a vision,

"They leave but a wreck behind."

Nisbet on the Scrofula.

True it is, the pneumatic system, as well as anti-

mony and mercury, the principal medicines used for the scrofula, even when successful, as it is called, leave the poor patient a shattered and emaciated object—not so the Anti-Impetigines, which for its mildness of operation and certainty of success, without injuring in the smallest degree the human frame, but on the contrary restoring it to health and vigour, after all the ancient and modern medicaments and applications could be of no benefit, although *tried* by one physician, and *tried* again by another, and so on, till the unhappy patient is brought near his *quietus est*. Then it is that this noble remedy, so justly called Anti-Impetigines, displays its superior powers in rousing the *vis vitæ* and assisting nature to expel the noxious obstructions to recovery, whether produced by scrofula, scurvy, or lues, or occasioned by the very medicines applied for their removal, as mercury, antimony, or aquafortis, all which, though the cried-up *nostrums* of the day, and used by many *physicians* called EMINENT, frequently leave such diseases as are found too deep rooted for common skill to remove, aided by all the *Materia Medica* or the new-fangled philosophy of the day. The Anti-Impetigines has been found to answer those very purposes, in radically curing, in the most effectual manner, such diseases as mercury, antimony, and aquafortis to boot, have been *tried* to subdue, and which, from “experience and evidence of facts,” are known only to give a temporary relief, at the expense of the patient’s constitution. Dr. Nis-

bet says, “from all *my* EXPERIENCE, the application of medicine in the gaseous form has NOT been sufficiently PERMANENT, *even when successful,* TO CONTINUE A LASTING CURE”!!

Doctor John Hunter also, and many other medical men, have treated masterly on Venereal Complaints, yet they all follow the steps of their predecessors: *mercury—mercury* is still their grand climacteric! and which, notwithstanding all its alledged improvements and combinations, is mercury nevertheless!! It still then remains to apply a proper, safe, and effectual substitute for mercury. Happy for this country such a one has been long since used, and in a multiplicity of instances found to be a sovereign, a safe, a speedy, and effectual remedy for every species of venereal taint, from a gonorrhœa to a confirmed syphilis, as well as for all “disorders originating from a depraved habit or affections of the skin.” This medicine is known by the name of the ANTI-IMPETIGINES. It is the best substitute ever discovered for that dangerous mineral mercury; it sweetens the blood, and stimulates it to expel all noxious and impure juices, giving strength and tone to the nerves, enlivening and invigorating at one and the same time both body and mind.

Innumerable letters of recommendation and certificates from the clergy, churchwardens, and overseers, in various parts of these kingdoms, are in the present proprietor's possession: particularly from

- The Rev. J. Atkinson, of Guirdale ;*  
*The Rev. Richard Carr, of Billinge ;*  
*The Rev. John Fawl, of Wigan ;*  
*The Rev. J. Hague, of Butterworth ;*  
*The Rev. Samuel Sewell, of Prescott ;*  
*The Rev. William Twyford, of Didsbury ;*  
*The Rev. Philip Kitchen, of Liverpool ;*  
*The Rev. A. Clarke, Methodist Preacher. Manchester ;*  
*The Rev. Joseph Taylor, of Coppull ;*  
*The Rev. Thomas Knowles, of Standish ;*  
*The Rev. Thomas Lowe, of Atherton ;*  
*The Rev. John Relpbe, of Oswald Turth ;*  
*The Rev. Richard Johnson, of Aisgarth ;*  
*The Rev. John Crewdson, of Hindley ;*  
*The Rev. J. Fisher, of Scorton, parish of Garstang ;*  
*The Rev. Robert Westball, New Acrington near Blackburn ;*  
*The Rev. Wm. Pearson, of Bolton ; &c. &c. &c.*

These, with hundreds besides, having the welfare of their fellow-creatures at heart, voluntarily recommended wretched objects of misery and disease to the present proprietor's care, who gratuitously administered the Anti-Impetigines to upwards of TEN THOUSAND objects, now are living witnesses of the amazing and certain efficacy of this extraordinary medicine. Dr. Solomon must here return thanks to the nobility, &c. who having obtained cures by this medicine of the most miraculous nature, for the many great marks of their attention ; having received presents from several, as tokens of gratitude, in sums amounting from twenty to one hundred guineas.

This medicine having been constantly used in the author's private practice with invariable success, it is

therefore of established efficacy, having stood the test of half a century, and its preparation known only to himself and family.

The following are the disorders in which this noble medicine, the Anti-Impetigines, is particularly recommended, and the general directions in what manner it is to be taken, so as to draw forth its virtues and insure a permanent cure.

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### *The Scurvy*

Is principally caused by the acrimony of the blood; but the acrimony may be of several kinds, according to the various causes which produce that disposition of the blood. It is sometimes caused by feeding too much upon salted provisions, which is the case with mariners in general, by which the blood becomes muriatic, or briny; in which case it does not so readily run into putrefaction, although it occasions troublesome pains and stiffness of the joints. But when provisions become in a measure putrid, under a hot climate, and corrupted waters are drank at the same time, an alkaline acrimony of the blood is occasioned, and the very worst of all kinds of scurvy, which speedily destroys the whole body. The scurvy, with an acid acrimony, generally attacks persons on land; and is produced by feeding on the worst sorts of bread, as of oats or rye, and dishes prepared from meal, with sour buttermilk too plentifully drank; also from sedentary employments, watch-



fulness, anxiety, cold and moist air, damp rooms, beds and clothes, want of exercise, a suppression of customary evacuations, &c.

This disorder affects the inhabitants of cold northern countries, and especially those who live in marshy, low, fat and moist soils, near stagnating water, whether fresh or salt. Those who live idle, sedentary lives, are most subject, chiefly in the winter, to the attacks of this disease, likewise those who are subject to melancholic, hysteric or hypochondriacal disorders.

It would require a volume to describe all the symptoms of this dreadful disease. Other diseases are often mistaken for this; and this is as frequently mistaken for other complaints. *It does not always manifest itself outwardly by blotches and spots upon the skin; but often lurks within, and occasions symptoms which the patient has no idea proceeds from a scorbutic taint.* The best writers who have made their observations upon it, assure us, that in any two patients afflicted with the scurvy, the same or like symptoms are seldom or never to be observed. In this, however, authors agree, that a beginning-scurvy is accompanied with an unusual torpidity or sluggishness of body and mind; with a weariness through the whole habit slowly advancing upon the patient; and is more troublesome upon awaking out of sleep. The respiration becomes difficult or laborious; the legs or ancles sometimes swell; the skin becomes spotted; the gums swell, and are painful, hot, and itching, bleeding upon every slight occasion; the teeth appear naked, or uncovered by their gums, or loose; the

mouth has a foetid smell ; wandering pains invade all parts of the body, both external and internal. As the disease advances, the gums show themselves with a cadaverous smell and putrefaction, inflamed, bloody and inclined to a gangrene ; the veins under the tongue form knotty ringlets, and often hæmorrhages that are fatal will issue from the outward skin without any apparent wound ; but more especially, blood will flow from the lips, mouth, gums, nose, lungs, stomach, &c. &c. ; obstinate ulcers, inflexible to all applications, and easily disposed to gangrene, especially in the legs ; sores, scabs and scurf break out in the skin, and the pains are violently gnawing, darting or wounding, and shoot through the parts very swiftly, being the most troublesome in the night ; and in the mean time appear black or blue spots or discolourations.

There are also many kinds of fevers that attend the scurvy ; some hot or inflammatory, others malignant ; add to these, vomitings, purgings or fluxes, dysenteries, sharp stranguries or scalding of the urine, fainting fits, anxieties or oppressions that are sometimes suddenly fatal, a dropsy, consumption, convulsions, tremblings, palsies, contractions of the limbs, black spots, and finally, discharges of the blood, by vomitings and stools, from the liver, spleen, pancreas, and mysentery, which last is often wasted or consumed by a putrefaction that quickly spreads the distemper by contagion.

Thus numerous and surprising are the symptoms

of this inveterate and dreadful disease; from a due consideration of which, it is evident, that no person who has reason to believe that he is affected with the least taint of the scurvy, should rest, until by the proper use of medicine it has been completely subdued. The rapidity with which this disorder rages, when once it has entered the constitution, is truly astonishing; the patient is therefore guarded against thinking lightly of his danger, because the symptoms may perhaps appear to him to be trifling; and those who have begun a course of medicine calculated to cleanse the blood of its impurity, are strongly recommended to persist in the use of it, until every vestige of the complaint has been completely eradicated. The scurvy is so universal a distemper, that no part is free from its rage; the chyle, the blood and the lymph, are all tainted therewith. The use of remedies are sometimes obliged to be continued for some time, to root out the disorder.

A medicine like the Anti-Impetigines is in the present times more than doubly valuable, as the intemperance and luxury of the age is hastening the ravages of the scurvy, and rendering our blood more impure; and though a love of intemperance cannot on any account be defended, yet those who have been weak enough to associate with the sons of luxury, and thereby destroy their own constitutions, have the means now offered them of repairing the breach, and—so far as is in the power of physic to assist them—to restore themselves to perfect health.

The Anti-Impetigines may be administered to females and children with the utmost safety and efficacy, which circumstances have principally contributed to its great celebrity, and universal use and request.

So much has been written on scorbutic complaints, and so little done towards establishing a *certain* remedy, that very few more observations may be expected; yet Doctor Solomon presumes the ideas he submits on the present occasion will not be considered unseasonable; particularly when it is recollected, that this disorder, if of long standing, generally occasions an hysterical, hypochondriacal, or melancholy turn of mind, which makes the patients fond of having a variety of opinions respecting the complaint; that wish may here be gratified with little trouble, and a very small expense.

Persons afflicted with the scurvy should attend to cleanliness, and frequent exercise in the open air, mixing as much as possible with cheerful and enlivening company; a vegetable or milk diet, and the free use of acids, oranges, apples, lemons, limes, tamarinds, scurvy-grass, water-cresses, brook-lime, &c. &c.

New bread, fresh beer or cider, pot-herbs, and milk diet, seldom fail to remove the scurvy at the early stages of the disease. When these things cannot be obtained, as happens in long voyages at sea, the patient's food and drink in this case should be sharpened with cream of tartar, elixir of vitriol, or the spirit of sea water, &c.

All kinds of salads are good in scurvies; and like-

wise the decoction of the roots of water-dock, which is made by boiling a pound of the root, fresh taken from the ground, in three quarts of water, till about one third of the water is consumed. The dose is from half a pint to a pint a day, according to the strength of the constitution, and as the stomach will bear it. This must be used for a length of time.

In every kind of scurvy the diet should be thin and attenuating, light and easy of digestion, the flesh and broth of young animals, &c. ; all salt and smoke-dried meat should be carefully avoided, and every thing that is hard of digestion, or which yields indifferent nourishment. The air should be pure, sweet and dry, and the body should be kept always open.

The Anti-Impetigines is grateful to the palate and uniform in its action, gently promoting every evacuation, and efficacious in all impurities of the blood and juices. It is strengthening and stomachic, purges mildly without irritation; it produces a gentle perspiration just after administration, operates mostly by urine, the quantity of which it generally increases, and frequently occasions a very visible alteration in the colour and nature of it.

The Anti-Impetigines promotes without violence all natural secretions; therefore by thus gently assisting nature in her own way, it of course follows, that perseverance in its use is necessary; and as it thoroughly cleanses the blood, the patient must not be surprised if he does not find *visible* good effects immediately, if the complaint

be an obstinate one ; or if in some instances he *appear* to be worse ; but by a steady perseverance in its use, and proper attention to the directions, a radical cure may be *depended on*.

The Anti-Impetigines being of itself purely vegetable, a low vegetable diet is by no means friendly to its operations. Flesh meat may and ought to be eaten ; but it should be such as is fresh, plain, sound, and easy of digestion.

The breakfast should be gruel, tea, coffee, cocoa, milk-porridge. All rich sauces must be avoided ; also spiced, salted, high-seasoned and smoke-dried provisions, as well as acids, raw cold salads, unripe fruits, and the most indigestible kind of boiled vegetables.

Eat beef, veal, mutton, lamb, poultry, and rabbits ; roasted meats are far preferable to boiled, and their own natural gravy should be used freely. Shrimps, prawns, crabs, cray-fish, and oysters may be taken freely ; lobsters very sparingly ; but no other kind of fish.

A strict abstinence from fat, oil, cheese, bacon, and salted meats ; from vinegar, pickles, and every acid, must be observed : particularly in obstinate scorbutic, rheumatic, or scrofulous cases ; or the medicine cannot have the desired effect.

\* \* \* Though salted meat ought not to be eaten, it is not meant to exclude the use of *salt* with fresh meat.

Supper should be light, and taken as early as convenient. But the patient should take particular care not to live too much upon slops. A due portion of

animal as well as vegetable food, appears to be necessary, to afford a proper nourishment to the human frame. A biscuit, or the crust of bread, is far preferable to the crumb, which contains an acidity that is evaporated from the crust, especially where it is rather burnt. Spirituous and strong liquors must be abstained from. Good sound malt liquor may be drank at meals. But in most constitutions where there is a scorbutic taint, all liquor in which there is any proportion of hops is injurious, whilst the juice or extract of malt is very serviceable. Hence it follows, that although ale or porter may, in many cases, be found prejudicial, yet sweet wort will be essentially useful, and should be drank by all those who are afflicted with scorbutic complaints.

Milk is not proper in all constitutions, and in a weak state of the stomach and bowels it had better be avoided.

Air and moderate exercise will not only be serviceable but necessary.



## GENERAL DIRECTIONS

FOR USING THE CELEBRATED

*ANTI-IMPETIGINES.*

The ANTI-IMPETIGINES must be taken from one to two or three tea-spoonfuls, gradually increasing one tea-spoonful each dose for an adult or grown person.

Women and persons of a weak and tender constitution should take from one to two tea-spoonfuls, in like manner increasing the dose; and children from ten drops to one spoonful. It should be taken three or four times a day in ale, milk, gruel, whey, tea or water; if it should operate much by stool, the dose or the frequency of taking it must be lessened.

As a *lotion or wash* for the eruptions or breakings-out, if any, mix any quantity of the Anti-Impetigines with as much water, and wash the parts affected with a bit of linen rag dipt into it. If an *ointment* should be preferred, the following may be depended on:

Take ointment of white calx of quicksilver, an ounce; water of kali, essence of lemons, each twenty drops. To be used night and morning.



## CASES.

I, THOMAS JAMES, Farmer, of Redford, in the parish of Burford, in the county of Salop, late of Steventon, in the parish of Ludford, in the county of Hereford, have been afflicted with a scorbutic humour in my blood which broke out in blotches all over my body; and by taking two bottles of your medicine, and following the directions, I am now happy to inform the public that I enjoy as good health as ever I did in my life.

THOMAS JAMES.

~~~~~

A young man, who lives a few miles from Liverpool, applied with sore legs, attended with a violent scorbutic humour. He had in each leg two large spreading ulcers, one of which was much larger than a crown piece. He was perfectly cured by the use of the Anti-Impetigines.

~~~~~

A waiter at an inn in Chester, cured of a most inveterate scurvy which covered his whole body, by the same medicine.



ON THE

*Venercal Disease.*

~~~~~

“The Knowledge of a Disease is half its Cure”.

SWIFT.

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THAT infection of the human body, which goes by the name of the Venereal Disease, may properly be distinguished into two kinds, considerably different in their nature.

The first kind that, when the infection is local, and the effects confined to one part of the body, producing a disease there, which has a certain progress of crisis; after which it gradually abates, till the body is entirely freed from it. This is by practitioners called a gonorrhœa, but by most of mankind a clap.

Previous to my entering upon the principal design of this Treatise, it may probably not be unenterprising, to give a concise account of the origin of this most dreadful malady, which has made such dreadful havock in this country since its first appearance amongst us; and this I shall do in a manner different from any other who has ever treated of this pernicious disease.

In the reign of Henry the seventh, a Genoese mariner, of an enterprising genius, and of extraordinary skill in navigation, applied to the king for two or three vessels well equipped to attempt to explore a country westward beyond the Atlantic Ocean, which he was confident, he said, of effecting, if properly encouraged, promising that whatever acquisition was made, should be subject to the king, and annexed to the crown of England. Henry having considered the proposal, either not supposing the project feasible, for want of proper spirit, or from a parsimonious disposition, which was his principal foible, rejected the Genoese's proposal. This foreign adventurer finding no encouragement in England, immediately embarked for Spain, and making the same proposition to Ferdinand and Isabella, the then reigning sovereigns there, received every encouragement and attention his most sanguine expectation could suggest; was supplied with such vessels of force as he thought expedient for carrying his undertaking into effect, and in short succeeded in making a discovery of Mexico and Peru, the southern part of the continent of America; which have ever since been annexed to the crown of Spain, and from whence the Spaniards have imported such immense wealth, together with the baneful disorder which is the subject of this treatise, as must have been first brought into this country, had Henry embraced this adventurer's proposal. This disorder has had the denomination of the *Morbus Gallicus*, on account of the French hav-

ing contracted it at the siege of Naples, and by their means communicated it to the English; but in fact the Spaniards were the first propagators of it in Europe. This disorder is universal amongst the inhabitants of Mexico and Peru, and is not attended with such dreadful symptoms in that warm climate, as is experienced amongst us in this cold region.

The natives of that country from whence it originates, experience so little inconveniency from this disorder, that they give themselves little concern about it, having a plant which is found to be a specific for the cure of it. The celebrated Dr. Boerhaave, professor of physic at Leydon, procured from a Spanish nobleman, who resided several years as governor at Mexico, some of the plants, which he propagated in the physic-garden belonging to the university, and which he made use of for the cure of this disorder, it is said, with success; and if that be the case, it is extraordinary it has not been introduced into the physic-garden at Chelsea. The same nobleman informed the professor, that a tradition prevails amongst the inhabitants of America, that the disorder first originated from the venomous bite of a serpent, the malignant effects of which has spread for centuries past through the greatest part of the inhabitants. This pernicious malady was not known through the extensive country of Russia, till Peter the Great, as he was styled, came over into this country, where he continued some time, to inform himself of the English manner of building ships, and upon his

return found that his attendants had introduced into his country a new disease, which till then they were strangers to ; but which now is spread through every part of that extensive empire. I thought it necessary to mention the above particulars, as being very little known to the generality of readers.

When this baneful, dire distemper, first showed its pernicious effects in this country, the gentlemen engaged in the profession of physic were so little acquainted with the nature of it, that it baffled their utmost skill and application ; and even the great Sydenham, styled the prince of physicians, was at a loss in the treatment of this malady.

It was supposed that its baleful influence was communicated like the plague, through the medium of the air, wafting the myasma within the sphere of such persons as were liable to receive the infection by respiration, and that it might propagate the infection by the breath ; as a confirmation of this prevailing opinion, we find in the history of England, that one of the charges against Cardinal Wolsey was, his presuming to approach the ear, or appear in the presence, of his royal master, Henry the Eighth, when he was infected with this malady : but future experience convinced the gentlemen of the faculty, that this was a groundless suggestion, and that the virus, however malignant, could be communicated only by contact.

It is necessary to make an observation, that scarce any other person has ever made ; that it is found by

the experience of such as are engaged in medical practice, that the virulence of the disorder in this country has abated considerably during the last thirty or forty years; which is happy for the present and succeeding generations.

A clap is simply a running, or discharge of matter, occasioned by connexion with a female, but without sore or swelling; and may generally be cured in two or three weeks from the first infection, the running being an effort of nature to free herself from the infection. In this case the patient should take the pains of observing a strict regimen with regard to eating, drinking, and exercise, in order that nature may not be obstructed or disturbed.

The other case is, where the venereal poison is mixed with the general mass of fluids, showing its effects in different parts of the body, and this is the *real* venereal disease, and is most frequently called the *pox*.

In this case, nature does not make any effort towards a cure; on the contrary, the disease is continually gaining ground, till checked by art, and shows the necessity and benefit of medicine, more than other diseases to which the human body is liable.

This disorder makes a more rapid progress in some constitutions than in others; especially when the infection gets into a constitution disposed to, or already affected with, a consumption, as it readily fixes upon the lungs, and often proves fatal.

When the venereal virus is suffered to remain in the body some time, the whole mass of fluids seems to be corrupted with it ; in which case, an accidental scratch or wound happening in any part, degenerates into very bad spreading sores, which daily become larger, till checked by medicine, a proper regimen, and diet.

In cold climates and cold seasons, the venereal disease is more severe in its symptoms, quicker in its progress, and more difficult to cure than in warm ones.

Those parts of the body most exposed to cold are most liable to be attracted by the venereal poison, the parts of generation excepted ; so that venereal sores most frequently show themselves in the throat, face and nose, and the swellings of the bones almost always happen in those of the head, collar and shins ; in all which parts the bones are more thinly covered with skin and flesh than in any other.

Some people who have gone through a proper course of remedies, in this country, without success, have been cured by continuing the same remedies in a warmer climate.

Caution is necessary, to distinguish between curing the disorder, and only making the symptoms remove ; for a slight application of mercury outwardly, will drive a symptom from one spot, and fix it in another, or drive the infection into the constitution. Thus, when a bubo is repelled by mercurial ointment rubbed into it, or a mercurial plaister laid over

it, sores in the nose or throat commonly show themselves immediately after; also, if a phymosis, or paraphymosis, is improperly suppressed, a bubo is the consequence; and when a running is stopped by improper injections, by violent exercise, cold, or feverish disorder happening to the patient, swelling of the testicles or buboes are very commonly the consequence. Hence the external application of mercury to a venereal swelling or sore is absolutely forbid; except when the constitution is sufficiently guarded by internal remedies.

Venereal infection is not only communicated by coition; but also by the application of the venereal matter to any part of the body on which the skin is thin, tender and moist, as the lips, tongue, inside of the mouth, inside of the nose, and inside of the eye-lids; or by the application of the same to any accidental scratch, sore or wound, on any part of the body.

When the matter discharged from a venereal sore, or the running from the urinary passage, comes in contact with any of the soft parts above-mentioned, and is suffered to remain there for some time, it either produces an inflammation and sore in the part to which it is immediately applied, tainting at the same time the general mass of the fluids, or without making any visible impression in that part, is sucked in by the vessels; and by producing its effects in some more distant parts, shows that it had infected the general mass of fluids.



The effects which it produces on the urinary passage are different from both those just described : it seems there to produce an inflammation and discharge of a considerable quantity of matter, without making any sore.

Upon the above-mentioned principles it is, that infants are infected by sucking a nurse who has venereal sores about the nipples ; and in this case, the infection being communicated by the mouth, the bubo happens in the neck : also nurses are infected by giving suck to a child who has a venereal sore about its mouth ; and as she receives the infection about the nipple, the bubo is in the armpit.

From all these considerations, the necessity of carefully washing the nut and foreskin in a running, and of washing the hands after touching any venereal matter, is evident ; and also that this disease may be contracted very innocently, and without connexion of the two sexes.

There is, however, much difference respecting the violence of infection, or the *aptness* to catch it ; which depends either upon difference in the general constitution, or in the state of the skin on the private parts. Thus, of several persons having connexion with the same woman, one shall have only a mild running, easily cured, and another shall have a sore, bubo, or other symptom of a confirmed pox, without any running, or previous warning of the infection, and this without their having used any particular precaution. The same person also may

have connexion with an infected woman at one time and entirely escape, and at another time shall be infected.

No probable account can be given *why* mercury is so powerful in this disease; it cannot be said to cure by sensibly evacuating the noxious matter out of the body, for the cure takes place much better than when the mercury occasions no sensible evacuation than when it does.

Under the use of mercury in any shape, the body wastes a little, the strength is somewhat reduced, the gums and teeth are sometimes in pain; gold and silver carried in the pocket, or worn upon any part of the body, are discoloured; the constitution is at the same time rendered exceedingly open to the effects of cold; and in cold weather, if some care and attention be not paid to this circumstance, the patient is liable to rheumatic pains, or is seized with looseness, attended with gripes, or perhaps is thrown into salivation, which would otherwise have been avoided; but it has not been ascertained, upon any good ground, that mercury, used in a *proper* manner, ever produces any permanent bad effects upon the constitution.

A supposition has been unhappily entertained, that mercury cures only by producing a salivation; and on this account, patients have been kept for months together under that dreadful operation, the treatment under which is alone sufficient to hurt a strong constitution, supposing not a grain of mercury to have been used.

Mercury, it should be observed, heals up the sores, and takes away the appearances of the disease before it has entirely eradicated the infection from the constitution ; therefore, it is a remedy which ought not to be left off too soon. For want of this caution, many suffer ; for, thinking the cure perfect on the first disappearance of the symptoms, the remedy is left off ; from this time the remaining poison begins to gather force again, and shows itself sooner or later, and the same course of remedy is again pursued ; the same fault is again committed, and the same unhappy effects again follow. In this manner the disease goes on, alternately checked and gaining ground, for perhaps several years, and at length very much impairs, if not entirely ruins, the constitution. In the use of the remedy hereafter recommended, the patient is therefore particularly required to attend to the time prescribed for continuing its use.

A clap or running, admits of a speedy and certain cure in ordinary constitutions, but is frequently rendered tedious and destructive by the following circumstances :—The patient, from a want of self-command, from a desire to conceal his malady, or from an opinion that it is slight and of no consequence, will not pay the necessary attention to regimen and medicines, or, from his peculiar situation and circumstances, cannot. But without some attention to these, according to the symptoms and virulence of the infection, it is in vain to expect a cure.

THE REMEDY HERE RECOMMENDED IS NOT MERCURY, but a preparation intimately combined with the most powerful and essential parts of other anti-venereals, which render it at the same time perfectly safe to the constitution, and efficacious in the different stages, and various symptoms incident to this disorder.

The ANTI-IMPETIGINES, if taken after the following manner, will most assuredly effect a cure, even in the worst of cases.

The dose of this Medicine, in every case wherein it is recommended, is to take from one to three teaspoonfuls three or four times a day, in a glass of water, milk, beer, or any convenient liquid.

A running, unattended with any sore, swelling or inflammation, if attention is paid to cleanliness and the following directions, may generally be carried off in a fortnight,

A clap begins with a running, at first of a white or yellowish colour, and is generally attended with a pain or scalding in making water. In this sort of the infection, the Anti-Impetigines *alone* is found sufficient: however, if the pain in making water should be very troublesome, it will be advisable to drink freely of some small drink, as tea, milk and water, whey, small beer, or water alone. It sometimes happens that the pain in making water is very great, and the patient wishes to alleviate it speedily. In this case,

*Take Gum Arabic, one ounce; Sal Prunella, half an ounce;*

Dissolved in three pints of barley water, and drink of it several times in the course of the twenty-four hours, or as long as the scalding continues. Or if an electuary should be preferred,

*Take Lenitive Electuary, three ounces; Sal Prunella, an ounce; compound Powder of Tragacanth, an ounce and a half; Syrup of Marshmallows, enough for an electuary.*

The size of a chesnut to be taken three or four times a day.

The most softening kind of drink is to be preferred, as *linseed tea*, or a *decoction of marshmallow root*; but strong liquors of every sort should be avoided.

The *Anti-Impetigines* (from one to three teaspoonfuls three or four times a day, in any convenient liquid), will, in most constitutions, keep the body as open as necessary or proper, (brisk purging being hurtful). If, however, the body should be actually bound, the size of a nutmeg of lenitive electuary may occasionally be swallowed, or mixed in any small drink thrice a day; or instead thereof, an ounce of salts may be substituted.

**THE CHORDEE.** A chordee sometimes attends a clap, occasioning great pain in the course of the night, when the penis is erected. If this symptom should be very troublesome, rub a little strong mercurial ointment well under the penis, the whole length of the urethra: a warm poultice of bread and

milk, with a little sweet oil, or lard, is a useful application every night, but may be omitted if inconvenient to prepare. Should these fail, a little opium may be added to the *injection*, No. 1, hereafter recommended.

The pain and inflammation frequently increase for a few days after the appearance of a clap, but the Anti-Impetigines will most assuredly extirpate the complaint in a reasonable time.

After the pain and inflammation are abated, the running will gradually diminish, and when the parts have had time to recover their natural strength, entirely disappear. If it should not, twenty or thirty drops of *Balsam Copaivi*, with a table-spoonful of the Cordial Balm of Gilead, (still however taking the Anti-Impetigines night and morning, as before directed), may be taken thrice a day; the patient may also go into the cold bath every other day, or inject some lead water into the urethra five or six times a day. The best INJECTIONS that can be used are,

1. *Acetated Ceruse*, five grains; dissolved in *Rose water*, four ounces: Or,
2. *White Vitriol*, five grains; *Rose water*, four ounces: Or,
3. *Both these injections may be mixed together.*

The penis must always be kept clean with warm water. This method I have generally known to succeed in six, eight, or ten days.



SECOND STAGE  
OF THE  
*VENEREAL DISEASE.*

The ANTI-IMPETIGINES is certainly as powerful, pleasant, safe, and efficacious a medicine as can possibly be devised, for every degree of venereal infection; and ought certainly to be persevered in, until there is every reason to believe that the taint is subdued.

The only secret in the management of this medicine is, to give it in such a manner that it may act beyond the *prima viæ*, and not run off by stool; there is then no desirable effect which may not be expected from it. One motion in the twenty-four hours is natural; one may be produced by the Anti-Impetigines; but if the patient should have more than two in a day, let the dose be diminished to 20, 15, or 10 drops.

A running continuing beyond four weeks, swellings of the foreskin, swelled testicles and warts, for the most part indicate that the infection has entered the constitution.

Buboes, sores on any part of the body, scabs or spots on the skin, pains and swellings of the bones, head-achs, deafness and sore eyes, when supposed to proceed from a venereal cause, are universally allowed to be certain signs that the constitution is infected.

A running, which has continued (under whatever treatment) more than four weeks, being still of a

yellow or green colour, or of the colour of matter, and attended with a greater or less heat of urine, is to be treated as above directed for a clap, and the Anti-Impetiginies taken as before directed.



### *Hernia Humoralis.*

A swelled testicle is generally occasioned by great exercise, as jumping, running, or walking too briskly, or by cold bathing while a clap continues, or by exposing the private parts to the cold more than is necessary, or by drinking inflaming liquors; sometimes by strong purges. It being the most painful and dangerous symptom attending the disease, the greatest care must be taken to remove it. The testicles must be supported or bound up with a linen truss or bandage; if the patient is of a full habit, bleeding will be proper; the diet in this case should be as low as possible; no exercise whatever must be used, even standing up is hurtful; it will be requisite to lie down as much as possible. The following fomentation will be serviceable:

*Take of Acetated Ceruse, a scruple; of water, a quart: shake them together, and foment (as warm as the patient can bear with ease) the swelled parts with flannel frequently, for some time together: after each time of fomenting, apply a warm poultice of white bread and milk over the whole private parts, and take the Anti-Impetiginies regularly.*



The following vomit should be taken as soon as possible :

*Take of ipecacuanha, fifteen grains ; calomel, five grains : mix them. If it should not operate, it must be repeated.*

If the patient, in a former complaint, has been troubled with this symptom, he should not neglect to keep the testicles supported while a clap continues, as the swelling is apt to return ; if he cannot conveniently procure a linen truss, a slip of linen, or one handkerchief may be tied round the waist, and another brought underneath to support the testicles.

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### *Bubo, or Swelling in the Groin.*

If a bubo has not risen much, it may generally be dispersed by rubbing well the size of a horse-bean, or half the bigness of a nutmeg, of strong mercurial ointment, into the thigh, underneath the bubo, but not upon it, three or four times a day, taking the *Anti-Impetigines* regularly a fortnight longer, after it is dispersed.

If, however, it is sufficiently ripe, omit rubbing in any ointment, for it will burst of itself ; then gently press out the matter, and put a warm poultice over it ; or foment with warm water, and apply a little mercurial ointment spread on linen, to the opening, twice a day. Always before it is dressed, press

the matter out and wipe it very clean; the same poultice must never be used more than once in any case. The poultice need only be used a few days after it bursts; or if that is inconvenient, four or five folds of linen may be put over it in its stead, first applying the ointment. If proud flesh should spring up, a very little red precipitate put into the ointment, will consume it. After it has been open about a fortnight, it may be healed up with a little cerate spread on lint. The Anti-Impetigines must be taken during the time.

When the nut of the penis is swelled or inflamed, the fomentation ordered for a swelled testicle will soon reduce it, if frequently used for a quarter of an hour together, after which a warm poultice of bread and milk may be applied. Sometimes the foreskin is so much swelled, that it cannot get back to uncover the nut; this is called a *Phymosis*, and is to be treated as just mentioned; the patient must frequently endeavour to get the foreskin back very gently, while using the fomentation, but never use the least force. When it goes back, the parts affected should be smeared with the ointment ordered to disperse the swelled groin, afterwards letting the foreskin go over the nut again: this, and the fomentation, should be repeated several times a day, till the swelling and inflammation are perfectly subdued. Sometimes the foreskin swells and inflames behind the nut, and cannot be got over; this is called *Paraphymosis*, and requires the same treatment as a *Phymosis*, always en-

deavouring to get the foreskin over the nut with great gentleness, as the least force will be very injurious. The Anti-Impetigines should be taken a week after all the symptoms have disappeared.

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### *Chancres, or Ulcers.*

It will be proper to dress chancres twice a day, with the following ointment, spread on lint :

*Take of mercurial ointment, half an ounce ; of red precipitate, fifteen grains ; water of acetated litharge, half a drachm : mix them together.*

Always before the sores are dressed, the matter must be clean wiped off, then suck up the moisture with a bit of lint, afterwards wash with warm water, or dip the whole penis in a bason of warm water, for a few minutes : and take the Anti-Impetigines regularly after the existence of chancres ; and for a week or more after they are healed, to secure a sound and permanent cure.

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### *A Confirmed Pox.*

The symptoms are violent pains in the bones, particularly those of the head and shins, which are always most painful when in bed. Ulcers will frequently attack the genital parts, also very low down

in the throat, and from thence creep by the palate to the cartilage of the nose ; sometimes scabs and scurfs appear in various parts of the body, which are as yellow as a honeycomb, and which distinguishes them from all others. The cure depends upon the Anti-Impetigines being taken regularly, a tea-spoonful of which may be taken every morning, noon and night, in tea, milk, beer, or water.

Ulcers on the genital parts must be dressed with the ointment as before directed for chancres.

During the cure of the venereal disease, if the patient catches cold whilst rubbing in the mercurial ointment to the swelling in the groin, a soreness of the mouth and gums will sometimes happen, which however is very seldom the case if the Anti-Impetigines be taken : it may be purged off by taking a tea-spoonful of flour of brimstone, mixed with treacle and lenitive electuary, night and morning, till the mouth is recovered. A dose of salts, or 20 grains of jalap, may be taken every morning while the soreness of the mouth continues. The rubbing in of the ointment for a swelled groin, must be discontinued ; but chancres and inflammations must continue to be dressed as before directed. When the mouth and gums are well, the Anti-Impetigines must be taken again, and the purging medicine left off.

For ulcers in the throat, the following ASTRINGENT GARGLE is very beneficial :

*Take oak bark, one ounce ; water, a pint and a half : boil it till the strained liquor will be one pint :*

to which add, alum, one drachm; honey of roses, one ounce; tincture of gum-lac, half an ounce; and best vinegar, four table-spoonfuls.

OR,

*The throat may be fumigated with a drachm of factitious cinnabar, thrown upon a hot heater, (not red hot), and the fume received into the throat through a common funnel turned upwards, that the bottom may cover the heater, and the smoke ascend through the tube.*

Sometimes venereal sores, particularly those made by buboes, will, instead of healing, grow worse under the use of common mercurial preparations; but this will very seldom, if ever, be the case, when the Anti-Impetigines is taken, and attention paid to the above directions.

A most wonderful change is frequently wrought upon sores, by removing the patient from a great town into the country, which is, with great probability, imputed to the air; but to whatever circumstance it may be owing, it is certain, that a great many sores, the consequences of the worst kind of wounds and fractures, which could not be cured in some of our most celebrated hospitals, have been healed surprisingly soon, when the patients have been taken into the country. Therefore, Dr. Solomon has fitted up apartments in his own house, which is situated in a pleasant, healthy part of the town, for the reception of his patients.

Relative to regimen in venereal cases, I shall

make one general observation : Let temperance be your guide in health ; let temperance be your guide in sickness. Eat and drink whatever suits your appetite and inclination ; but take care not to pall its relish. Follow the dictates of nature and conscience in all your pursuits, which will ever point out to you the true road that leads to health and felicity.

In every case the patient should be particularly careful to peruse the 53rd, or subsequent editions of SOLOMON'S GUIDE TO HEALTH, because those editions *only* contain the necessary directions for the Anti-Impetigines.

A celebrated writer has observed, one particular consequence, either originating in this disease, or from the general mode of treatment it meets with, is, that when the patient has been any length of time afflicted, he is seldom satisfied whether he has received a radical cure, and is apt to imagine that every pain, or every pimple arising upon the skin, is a proof of the disorder not being eradicated. The following, therefore, will doubtless be highly acceptable to such persons.



*Proper Instructions*

to persons doubtful of the true difference between

## VENEREAL SYMPTOMS,

and

THOSE OFTEN MISTAKEN FOR THEM.

This is the most important article that can be recommended to the attention of any person who has ever been infected with this disease; for it commonly leaves such a depression upon the spirits, particularly when large quantities of mercury have been administered, that the patient is either driven to despair, or forced into the hands of ignorant pretenders, who put him under treatment for a complaint, of which, probably, he had not the least symptom.

All eruptive disorders of the skin, if they happen without manifest cause, and obstinately refuse the force of medicine, are signs of a venereal taint; but must be distinguished from disorders of the skin, which are critical and not venereal; or from yellow or livid scorbutic spots, which abound most where other marks of a confirmed scurvy appear.

Ulcers of the throat, nose, palate and gums, with rottenness of the bones contiguous, are often observed in an inveterate pox; but to distinguish these, it must be remarked that venereal ulcers first attack the tonsil glands and throaf, then the gums, but

more rarely so: whilst, on the contrary, scorbutic ulcers first attack the gums, and afterwards the throat.

‘Venereal ulcers frequently seize the nose, with a rottenness of the subjacent bone; but scorbutic ulcers seldom, if ever.

Venereal ulcers corrode, and form cavities; scorbutic ones shoot out spongy excrescences, or proud flesh.

Venereal pains are generally increased by the heat of the bed; whilst those of the scurvy, gout, and rheumatism, are eased thereby.

Venereal pains are chiefly confined to the solid or middle part of the bones of the legs and arms: scorbutic ones to the joints, and membraneous parts of the body.

Venereal pains will not yield to common medicines, but others are removed by flannel or warm weather.

If a deep-seated, violent pain, has occupied the same part for a considerable time, obstinately resisting all remedies; or if the patient has been seized with a chilliness for several evenings together, succeeded by a feverish heat, and sweats towards the morning, they are signs of a latent pox.

If, after chancres suddenly dried up, a bubo repelled, or gonorrhœa restrained, by art or accident, the same complaints break out again, without fresh cause, then it is evident the patient is poxed.

Buboes, warts, chancres, or other excrescences,



after an apparent cure, without intimacy with a suspected person, are signs of the strongest infection.

There are certain symptoms peculiar to women in the venereal disease, as a suppression or overflowing of the menses; scirrhus, or cancer of the breast; hysteric affections; inflammations; scirrhus ulcer, or cancer of the womb. They are frequently barren; or if they bring children into the world, they are strumous, rickety, hectic, and emaciated, or perhaps half rotten.

But it is of the utmost consequence for them to distinguish a fresh venereal from the fluor albus or whites; for as the former is malignant and inflammatory, and the other commonly arises from weakness and relaxation, the remedies are directly contrary.

In the fluor albus, the discharge proceeds from the parts contiguous to the urinary passage, and continues whilst the menses flow.

In the fluor albus, the discharge is attended with pains in the loins and loss of strength, with seldom any inflammation or heat of urine, except a long continuance of the discharge, which becoming sharp, excoriates the surrounding parts. But in the gonorrhœa, the discharge is preceded by inflammation, itching, and heat of urine: there is a frequent irritation to make water. and the orifice of the urinary passage becomes prominent and painful.

In the fluor albus, the discharge comes on more gently, and may be produced from a variety of causes, as sprains, frequent abortion, long illness, or irregu-

larity of the menses ; but in the gonorrhœa it often appears suddenly, without any evident cause.

Lastly, the colour of the discharge in bad habits of body is sometimes the same, viz. yellow or greenish, but is usually more offensive, and greater in quantity ; whilst that of the gonorrhœa is attended with symptoms of weakness, as well as small in quantity. But if an inflammation or chancre happen to fix upon the vagini uteri, the question is then put out of all dispute, and the disease may safely be pronounced venereal.

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☞ Venereal cases are, for certain reasons, omitted in this edition. Let it suffice, that the author is perfectly convinced, by a long series of successful practice, that the foregoing are the best, the safest, and most certain remedies that can be used, for every stage and symptom of this cruel malady, which it will effectually eradicate, whilst at the same time it purifies the blood, and restores the constitution.



## THE LEPROSY

Is of two kinds; that of the Arabians and that of the Greeks. The former is termed *Eliphantiasis*, from the roughness and tubercles in the skin, said to resemble that of an elephant. All historians agree that this disorder is contagious. Some have been of opinion, that it was the parent of the lues venerea; and even Astruc, who thought otherwise, acknowledges it was propagated by venereal embraces. It is certain, that since that disorder has been curable, the elephantiasis seems to have disappeared in a great measure, and the leprosy of the Greeks has also been much less frequent than before.

The first appearance of the elephantiasis is in the face, particularly a small speck appears on the nose or nostril, and as the disease increases, the whole body becomes full of various coloured spots, the skin is hard and rough with scabs. In process of time it turns black, and the disease eats away the flesh to the very bones. Sometimes the spots grow red, and then turn black, and the skin is covered, as it were, with scales, the body falls away, the mouth, legs, and feet swell, and the fingers and toes are hid with a swelling; afterwards a fever arises, which ushers in death.

The leprosy made great progress in the West-Indies, not only among the negroes, but the white

inhabitants. *Towne* says, at first there appear spots of a brown copper colour dispersed over several parts of the face, but especially on the nose ; these spread by slow degrees till a great part of the body is covered with them.

*Hughes*, in the Natural History of Barbadoes, observes, that it first begins with a permanent swelling of the ears, and the falling-off of the hairs of the eye-brows, then the face appears unctuous, shining and full of superficial protuberant spots of a brown copper colour ; the lips and nose in general swell, the fingers and toes are distorted and at last ulcerated, the infection escaping from joint to joint till it hath corroded all the fingers and toes. The next attack is upon the trunk of the body, where it spreads in patches, increasing in circumference, and discharges a thin ichor, which dries up and emaciates the patient in a few years.

I shall add a description of this disease from *Guido de Chauliac* : “ The leprosy,” says he, “ commonly begins in the face and forehead, in which filthy tubercles make their appearance, and by degrees spread all over the body, the eye-brows swell, the nostrils grow wider outwardly and straighter inwardly, the lips are disfigured with an unsightly tumour, the voice is hoarse and snuffling, the ears are turned back, the forehead is protuberant, the face is of a purple colour, the veins under the tongue are varicous and black, the muscles between the forefinger and the thumb are eaten away, the hair falls off from the head and eye brows,

afterwards the skin of the whole body becomes black and full of spots, rough and unequal, with crusty scabs full of knobs and tissued of an horrible aspect, which make it appear like the skin of an elephant. After this the fingers and toes begin to swell, and then the legs, which being covered with rugged inequities, seem like two sacks for magnitude. Besides all this, the patient is insatiable with regard to venereal pleasures. The blood is fœtid, spotted and black, and will not coagulate. This disease is hereditary and infectious; for it may be caught with the saliva of a leper if a sound person drink after him, by touch, by lying in the same bed and by coition."

The *IMPETIGI*, or leprosy of the Greeks, begins with red pimples or pustules breaking out in various parts of the body; sometimes they appear single, sometimes a great number arise together, especially on the arms and legs; as the disease increases, fresh pimples appear, which joining the former, make a sort of clusters, all which enlarge their borders, and spread in an orbicular form. The superficies of these pustules are rough, whitish and scaly; when they are scratched the scales fall off, upon which a thin ichor oozes out, which soon dries, and hardens into a scaly crust. These clusters of pustules are at first small and few, that is, three or four in an arm or leg only, and of a small size: but as the disease increases they become more numerous, and the clusters enlarge their circumference to the bigness of a crown-piece, not exactly round; after-

wards it gradually increases in such a manner, that the whole body is covered with a leprous scurf.

The leprosy commonly breaks out first in the elbows and knees ; but soon spreads further, and gradually shows itself all over the body.

This disorder was a long time ago much more common in this country than it is now, owing, no doubt, to the increase of the comforts and happiness of the poorer classes of society, to the more free use of vegetable and diluting diet, as well as a greater regard to cleanliness, &c.

The regimen and diet in this disorder should be of the same nature as in the scurvy.

The Anti-Impetigines is to be taken in the same manner as directed in the foregoing chapter ; to which the reader is referred.



## CASES.

A young gentleman, a clerk to a mercantile house in Liverpool, afflicted with a dry leprosy, which covered his whole body, was perfectly cured in five weeks. This gentleman does not wish to have his name publicly inserted; but has given permission to the Doctor, to refer any respectable person to him.

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John Little, weaver, in Deansgate, Manchester, was perfectly cured by Doctor Solomon, in sixteen days, by the Anti-Impetigines, of a violent scorbutic and leprous humour all over his body, attended with the most insufferable itching, for upwards of ten months.

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A girl about four years of age, at Bolton, was covered with the leprosy. After Dr. Solomon's medicines had been used few days, the spots began to disappear, the skin returned to its usual colour, and by persevering she was entirely cured.



### *The Scrofula, or King's Evil.*

This obstinate disorder has taken its name of the "King's Evil" from the circumstance of its being supposed in former times that the royal touch performed a complete and permanent cure.

Hard, schirrous, and often indolent tumours make their appearance in the glands of the neck, under the chin, armpits, groin, hams, arms and wrists; but it is most commonly seated in the neck, and beneath the ears, at first like small knots, which gradually increase in number and size till they form one large tumour. Cold tumours also appear on the joints and bones, as on the knees, elbows, hands and feet, and particularly on the fingers, breaking out with swelling, but little or no redness. *White swellings* of the joints are also of the scrofulous kind; these arise on the arms, legs and feet; they sometimes fix on the knees, quickly increasing, with great pain and heat, and producing a slow fever which emaciates and consumes the whole body. These swellings are both external and internal; those which arise externally, affect the ligaments and tendons, and relax them so, that sometimes the heads of the joints separate, and the limb becomes useless.

Whatever tends to vitiate the humours or relax the solids, may produce the Scrofula; uncleanliness, weak and unwholesome aliment, heats and colds,



dampness, &c. But it most commonly arises from an hereditary taint.

This disorder has long been considered as extremely difficult of cure ; and it is said, if the struma appears in the neck after the patients arrive to forty years of age, they seldom recover.

A generous and nourishing diet, light and easy of digestion, a warm temperature of the air, and continued exercise, are of great importance towards the cure of the king's evil.

The same dose of the Anti-Impetigines as ordered for the scurvy is to be taken internally ; and the ulcers (if there are any which communicate with each other) must be syringed twice a day ; after which the following ointment must be applied on a bit of lint over the wound :

Take tar ointment, an ounce ; calomel, two scruples. Make an ointment.

In strumous swelling in the glands of the neck, the lotion ordered in scorbutic cases must be used, if not broken. If already ulcerated, then they must be treated as before.



WONDERFUL

*And extraordinary Cures,*

performed by the

**ANTI-IMPETIGINES,**

A REMARKABLE CURE

OF A DESPERATE KING'S EVIL.

Richard Blackburn, a youth about twelve years of age, whose father was in the employ of Mr. Glenny, starch-maker, Liverpool, who had totally lost the use of his limbs, and could only move by the help of crutches; he had several running ulcers, communicating with each other, from his hip down his thigh to his knee, and was so emaciated and reduced that he was not expected to live many days. He had been long a patient at the Dispensary, and all hopes were given up of his recovery. His parents were honest, of good moral character, which procured them the recommendation, to Dr. Solomon's care, of Messrs. John Glenny, Thomas Morgan, John Hind, Thomas Bolton, and Messrs. Copeland & Threlfal, all persons of undoubted probity, and residents of Liverpool. The ANTI-IMPETIGINES was tried on this subject, and in about ten weeks every sore was healed; he gained flesh, and was able to walk with a stick. This being so remarkable and astonishing a cure of a cripple, is a full proof of the salutary efficacy of this medicine in scrofulous cases. But the Doctor was unwilling to risk the publication of this cure, which occurred the 12th of May, 1795; he wished to wait the result of a few

years, to determine whether the virus was actually rooted out of the system, or only lurking there, and might probably break out at another time. Six years have now elapsed, the young man is stouter and heartier than ever he was in his life, has had no return of his complaint, and no remains whatever, except the scars, are perceptible, where he had formerly been afflicted with the most inveterate scrofula ever yet known.—1801.

### *The King's Evil Cured.*

I, Wm. Owens, assay master, in Messrs. Roe and Co.'s Copper-works, near Liverpool, do declare, that upwards of thirteen months I laboured under an obstinate ferocious evil in my right arm, which totally deprived me of the use thereof, and contracted the sinews, so that I could not lift my arm to my head. After having tried the best advice and remedies from an eminent physician in Liverpool, I found my arm daily growing worse, and I then had recourse to Dr. Solomon's Ant-Imperiginæ, which in a month perfected a cure, so that I am now able to use my arm as well as ever I could in my life; the ulcer being quite healed, along with another one of the same sort, which was forming in the other arm. It was not only my opinion, but that also of my friends and acquaintances, that if I had not applied to Dr. Solomon, I must inevitably have lost my arm. In justice to the Doctor, and for the good of the public, I wish this my case to be published. I am at any time willing to depose the above upon oath. Witness my hand, this 21st day of December, 1790.

WILLIAM OVENS.

The above Wm. Owens has now been cured near 11 years: has had no return of his complaint; has since been married, and has fine healthy children.

## *The Blind restored to Sight!*

Scorton, 1st March, 1794.

Ruth Richmond, a young woman, of Scorton, in the parish of Garstang, between Preston and Lancaster, was restored to the perfect use and sight of both eyes, after having been quite blind, occasioned by a scrofulous habit of body, of many years standing, which affected her eyes so as totally to deprive her of sight, and reduced to the necessity of having support from the township. In consequence of this surprising cure, the overseers, &c. of the parish, waited on Dr. Solomon, returned him thanks, and caused it to be advertised in the Liverpool, Blackburn and Preston newspapers.—The following respectable persons have witnessed this extraordinary cure:—

The Rev. James Fisher, B. A. D. D.

Mr Henry Hall,

Mr. William Robinson, } Overseers.

And the following principal inhabitants of Scorton, viz.

Mr. William Cooper, | Mr. William Sandwell,

Mr. J. Dickinson, | &c. &c.

## *The King's Evil cured.*

Agnes, daughter of Mr. Obadiah Parkington, who lives by the third mile-stone on the road from Preston to Blackburn, was afflicted with the King's Evil for many years, and had tried many remedies in vain. Dr Solomon cured her many years ago of that shocking disease, hitherto thought to be incurable. This young woman is still alive, and as hearty and well as any one in the kingdom, and is willing to convince any one of the truth, with the greatest pleasure.

*Scurvy and Leprosy entirely eradicated.*

Mr. Henry Freckle on, overseer, of Preston, had his face and back of his neck covered with large blotches of the scurvy and leprosy, for many years; he could not even bear to be shaved, but always carried a pair of scissors in his pocket, that his hair-dresser might clip off the hair from about these blotches. On application to Dr. Solomon he was entirely cured in a very short time by the Anti-Imptiginis.

~~~~~  
*To Dr. Solomon.*

Sir,

We certify, that Ann Peel, who was for four years afflicted with deafness, to a very great degree, occasioned by a scrofulous habit, and her brother John was also afflicted with blindness, by a pearl which covered his right eye, and had also a very bad leprous humour on his head and neck, were both perfectly cured by you in twelve days only. As we recommended them both to your Dispensary for poor persons, we think it no more than our duty to acknowledge with pleasure the great cure they have received from your medicine.

We are, Sir, your most obedient humble servants,

THOMAS WILLIAMS.

JAMES WHITEFIELD JUMP.

JOHN BOARDMAN.

~~~~~  
Margaret, wife of Richard Lyon, farmer, of Bold, between Prescot and Warington, was for fifteen months afflicted with a great swelling in her fore-finger, which contracted the sinews, so that she had no manner of use thereof for the whole of the above time; by applying to Dr. Solomon she was perfectly cured in one month. I testify this to be the truth, and that my wife's finger was restored to its proper use, as witness my hand.

RICHARD LYON.

*The Erysipelas, or St. Anthony's Fire,*

Is denominated an *Eruptive Fever*, or external inflammation, generally breaking out in the face, and sometimes the breast, with intense redness and a little swelling, and is beset with a vast number of small pustules, which, when the inflammation increases, are converted into small blisters.


The disorder commences with a violent pain in the back and head, a violent shaking like the ague, heat, vomiting, &c. ; in a few days the matter appears on the surface of the body. There is nothing more dangerous than to check this eruption, or for the expelled matter to return to the inward parts.

This disease is most common about the middle age of life, and persons of a sanguine or plethoric habit are most liable to it. It is chiefly occasioned by obstructed perspiration, when the blood has been over-heated.

A moistening and slender diet, totally free from any thing heating, should be observed in this complaint.

The ANTI-IMPETIGINES is happily calculated, beyond any other medicine hitherto discovered, for effectually removing this complaint ; whilst at the same time it sweetens and purifies the blood in the most safe and expeditious manner. It is to be

As taken as in the General Directions, to which reference may be made by those who are afflicted with this distressing malady.



## THE PILES

Are of two kinds: when a discharge of blood comes from the hæmorrhoidal vessels, it is called the Bleeding Piles; but when the vessels only swell, and discharge no blood, but are exceedingly painful, they are called the Blind Piles.

The bleeding piles are sometimes periodical, in which case they are essentially beneficial, and are by no means to be suppressed. Many persons have greatly injured their constitution by stopping a periodical flux of this nature. However, when it comes on but seldom, and is not regular in its visits: when it continues long and enfeebles the patient, hurts the digestion and hinders nutrition, there is reason to conclude it is the production of some sharp chronic disease.

High living, inactivity, sedentary employments, inebriety, great costiveness of body, violent passions of the mind, the neglect or suppression of customary evacuations, will bring on this complaint. It is sometimes hereditary, and very frequently symptomatic of a deep rooted scurvy. Pregnant women are often afflicted with it.

The patient commonly feels a sense of weight about the anus, a weakness of the stomach, flatulency in the lower parts of the belly, a frequent desire to make water and go to stool; the blood is generally black, and sometimes comes in large clots and very copious: there are instances in which a pint and upwards has been discharged by a patient in a day.

In the blind piles there is a most intense pain, especially at the time of going to stool, and sometimes the excrements are tinged with blood: tumours appear on the verge of the anus, and the veins are much dilated with blood, raising tubercles as large as peas or grapes, some of which are soft and indolent, others hard, inflamed and painful, rendering the patient unable to walk, stand or sit; they sometimes occasion an abscess or a fistula.

Linen dipt in warm spirit of wine, and emollient poultices, may be applied to the blind piles; or leeches may be used, to draw off the noxious blood.

The diet in these disorders, should be cool and nourishing, of light and easy digestion; spirituous liquors should be avoided, and the body kept moderately open with a little lenitive electuary, or brimstone and treacle.

The Anti-Impetigines is to be regularly taken according to the *General Directions*, and by no means left off until several days have elapsed after the complaint has disappeared.



## THE GOUT.

The seat of the gout is in the joints and ligaments of the bones of the feet; and, according to Boerhaave, the principal times of its invasion are the spring and the autumn.

The gout usually seizes the patient all of a sudden, and without any previous notice of an immediate nature; sometimes, however, it is preceded by crudities upon the stomach, indigestion, flatulence, costiveness, a sense of heaviness, torpor, &c. which daily increases, till at length the fit comes on. The place which it first and regularly attacks is always the foot, and chiefly those parts through which the liquids have the most difficult passage, such as are most remote from the heart, and are most pressed and pinched. Aretus says, "the pain first seizes the great toe, next the edge of the heel that first touches the ground when we walk, next the hollow of the foot, and last of all the ankles swell"; from whence Sydenham concludes, that the "feet are the genuine true seat of the peccant matter". The pain becomes gradually more and more intense till it reaches the highest pitch, sometimes resembling a violent tension and dilaceration of the ligaments, sometimes resembling the gnawing of a dog, and sometimes like a close tightness and strong com-

pression; nay, so lively and exquisite is the pain at times, that the very weight of the bed clothes, or the motion of the bed from a person's walking across the room, become even insufferable. Sometimes it seems stretched to such a degree that the unhappy patient thinks it will burst every moment; when this is the case it is seldom more than six hours before the pain abates, or twenty-four hours from the commencement of the paroxysm; after which, the parts begin to swell, a gentle perspiration takes place, and the patient obtains rest. In a few days the other foot begins to be affected in the same manner, and the same course of distracting pain and misery must be borne as before; sometimes it attacks both feet at once, but it generally seizes one after the other. A number of these paroxysms are what is termed a fit of the gout, which is longer or shorter, according to the age, constitution, strength, and disposition of the patient's body; this happens, to persons of a vigorous constitution, and whom the gout seldom visits, in about fourteen days, to others for two months; and some, who are debilitated with age, it does not leave till chased away by the summer's heat. After the disease terminates, the patient's good habit of body returns in proportion to the severity of the fit.

When the gout has been improperly treated, and disturbed by incongruous medicines, it assumes a more dangerous appearance, and becomes universal; it is then called the Irregular Gout, and attacks the hands, wrists, elbows, knees, and other parts of the

bony, distorting the fingers, &c., and generating chalky substances or concretions about the ligaments of the joints. In this case the patient is continually tormented with this cruel disorder, a month or two in summer only excepted; he is also disturbed with sickness as well as pain, being subject to head aches, coughs, pains of the stomach, &c. Hippocrates, speaking of the gout, says, that it is "the most violent of all the disorders that affect the joints, the hardest to subdue, and the most permanent; yet, however lasting or troublesome, is by no means mortally dangerous". Experience, however, has shown that many have fallen victims to its attacks upon some of the more noble parts.

Persons are seldom visited with the gout till they are upwards of thirty years old: it is brought on by intense study, high living, too great indulgences of the appetite, inebriety, especially the drinking too freely and constantly of rich, generous wines; also, venereal pleasures used to excess, great exercise, a moist cold air, a contusion, acid gass, as appears from the sour sweats and acid eructations so common in athritic paroxysms, the passions of the mind, and indolence, will produce the gout.

Those are particularly subject to it who are of a gross, full habit, and whose feet are suffered to sweat in wet stockings, or are too suddenly chilled whilst in a state of perspiration. This disorder may also be received by contagion, and is in many instances hereditary.

Persons who are subject to the gout should observe temperance with the greatest strictness; regular diet and wholesome exercise are two things of the greatest importance. Let the patient live wholly on animal food, or use a milk diet; he may drink plentifully of milk whey, but must abstain from all vegetables, claret, and malt liquors: spirits diluted with water, will do no harm. Such persons should rise early, and take exercise; indeed too much exercise cannot be taken, nor too often repeated. The mind should be kept as calm and composed as possible. Amusement and a little dissipation of thought is necessary.

In the fit of the gout, the patient's usual diet must not be materially altered. He should endeavour by all means to promote perspiration; for which purpose a little wine, or wine whey, may now and then be drank; and the affected part wrapped up very warm in flannels, &c.

If the gout seizes the stomach, give immediately half an ounce of æther, with a scruple of camphire in it. Let it be taken alone in a spoon, without swallowing any thing after: if the sensation it occasions is disagreeable, let the mouth be rinsed with water, and spit it out. It is an admirable remedy, and has uniformly proved efficacious where tried. After which, a course of the Anti-Impetigines must be entered upon.

To fix an erratic gout, and bring on a regular fit, give tincture of asafœtida and Anti-Impetigines

equal parts, two tea-spoonfuls of each thrice a day, and bathe the great toe and metatarsies with water of ammonia.

If the fit comes on in good earnest,

*Take camphire, fifteen grains; purified opium, ipecacuanha, of each three grains; precipitated sulphur of antimony, vitriolated quicksilver, each two grains; aromatic confection, enough for a bolus.*

Let this be washed down with the following draught :

*Take of tincture of guaiacum, six drachms: water, eight spoonfuls.*

After taking this bolus and draught, the patient should lie between the blankets.

Let the *Anti-Impetigines* be taken regularly as ordered in the *General Directions*, (to which refer), and the draught repeated every night for some time, with the addition of two drachms of elixir of aloe, if costive; and be assured that *the gout is incurable* will no longer be taken for granted.

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## RHEUMATISM.

The rheumatism is a painful disorder, the seat of it is in the membranous parts of the body; it is sometimes mistaken for the gout. This disorder may happen at all times of the year, but, according to Hoffmaier, it is most prevalent in the spring and fall, when there are remarkable changes of the air, from

hot to cold, or from cold to hot ; and the wind suddenly shifts to the opposite points of the compass.

The rheumatism chiefly attacks persons after violent exercise, or great heat of the body from any cause, and then being too suddenly cooled. It is also brought on by inebriety, excessive cold, indigestion, venery, immoderate labour, or a sudden disuse of customary exercise.

The pains are sometimes surprisingly acute, so as to render the least motion exceedingly dreaded by the patient ; they are chiefly wandering, especially in the beginning of the disease, and pass from one joint to another, either of the same or of the opposite side of the body, but (if the disease be chronic) it seldom occasions a swelling, or brings a fever along with it. If the disorder, however, be of the inflammatory kind, its symptoms are the most to be dreaded ; the parts affected being frequently inflated with a white swelling, and so distended that the patient can scarce move a limb without the utmost pain ; and Boerhaave asserts, “ if it lasts long and increaseth, it often deprives the joint, after most horrid pains, of its motion, and makes it stiff by an anchyloses, scarce removable by any means whatever”. And Van Swieten says, “ he has seen in some patients such anchyloses arise in the spine of the back, from rheumatic pains, as made the poor wretches walk with their bodies bent forward, so that during the remainder of their lives they could never stand upright”.

When it seizes the loins, it is called the lumbago; if in the thigh-bone or hip, the sciatica or hip gout: and physicians universally agree, that when the rheumatism settles here, it is more difficult, and longer in curing, than in any other external part of the body. This violent and obstinate pain is chiefly felt where the head of the thigh-bone is received into the *acetabulum* of the *coxendix*; the pain will sometimes extend itself to the lower part of the loins, to the thigh, leg, and even to the extremity of the foot, yet outwardly there is no swelling or inflammation, &c. Sometimes the pain is so intense and spasmodic that the patient cannot stand upright, or bear the least motion. All violent motion greatly exasperates the pain.

In this disorder a cool and diluting diet, and cold bathing, is recommended. The patient should also ride on horseback, and wear flannel next the skin. The night air should be avoided.

The chronic rheumatism, if idiopathic, is very easily cured, however difficult it may be thought to be. The author conceives he has a right to speak with confidence on this subject, for he has had the management of innumerable rheumatic cases, and never found any difficulty in curing them with the following remedies:—Bleeding protracts the cure in chronic cases. If symptomatic, the cure depends on the removal of the primary disorder.

The Anti-Impetigines must be taken inwardly, according to the *General Directions*, (from 1 to 3 tea-

spoonfuls), and oil of turpentine rubbed externally to the part where the pain is seated; there is then no doubt of its being speedily removed, and the patient freed from his pain.

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## CASE.

*To Dr. Solomon, Liverpool.*

Dear Sir,

Dublin, 17th February, 1802.

I should be wanting in gratitude to you, and guilty of a crime to the public, was I to withhold my testimony of the good effects of your Anti-Impetigines. I was for many years in a dreadful situation, tortured night and day with violent rheumatic or gouty pains in my side, arms, and thighs, for which every remedy that could be prescribed by the most eminent physicians in Dublin was tried, and I was even bled, but to no purpose, till I purchased *one* bottle of the Anti-Impetigines, which had so happy an effect I purchased another, the result of which is, I am now as free from pain as any man in the world. My wife was also much afflicted with the same diseases, and by using your Anti-Impetigines is completely relieved, and restored to sound good health.

Mr. Dugdale, Dame-Street, will satisfy any enquirer of the truth of the above, and

I am, dear Sir, your obliged servant,

J. O'HALORAN.





*YAWS.*

This dreadful disorder makes its first appearance in little spots, on the cuticle, which increase daily, and become protuberant ; soon after, the cuticle frets off, and there appear white sordes, under which is a small red fungus, which increase gradually to the size of a mulberry, which they greatly resemble in shape. In the mean time the black hair, in the yaws, turns white.

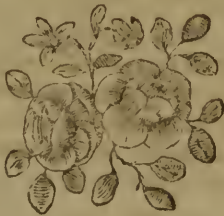
There is no part of the body which is exempt from the breaking-out of the sloughs, but they particularly appear about the groin, privy parts, anus, armpits, and face.

It is an infectious disease, and therefore great care should be taken to prevent too frequent an intercourse with the affected person, who has been generally, with great propriety, removed to a house by himself.

The venereal disease and the yaws are certainly very distinct distempers ; but the symptoms which have occurred from an ill-cured yaws, coincide so exactly with the symptoms of an inveterate French pox, that in most cases it is very difficult, if not impossible, to distinguish them ; which has, I think, given rise to the opinion, that they were the same distemper, differing in nothing but what may arise from the various climates which the patients inhabit.

It is cured in the same manner as the venereal disease, to which refer.

Dr. Solomon might add much more in just report of the ANTI-IMPETIGINES, for great experience has convinced him, that in all morbid affections of the blood and lymph, (the cause of almost every malady), so noble, safe, and efficacious a remedy, was never offered to mankind; but he now leaves it to the world, conscious that he has done his duty, by sending forth what may be given to the tender infant, the pregnant female, and to palsied age, with safety and efficacy, hitherto unparalleled in the annals of medical discovery.



## The Anti-Impetigines

is in *flint* bottles,  $5\frac{1}{2}$  inches long, by  $1\frac{1}{4}$  wide, 1 deep; sealed with this seal, in black wax :

THE DOCTOR'S ARMS,

*A Rose between two pierced Hearts,  
on a bend.*

CREST,

*A Demi Wolf Rampant, bearing a  
Rose, proper.*

AND ROUND IT THESE WORDS,

“*Solomon's Anti-Impetigines*”.



The bottles have these words impressed on the body of the glass,

“DR. SOLOMON'S  
ANTI-IMPETIGINES”;

and on the sides,

“SOLOMON'S PLACE,  
LIVERPOOL”

But further observe, each Bill of Directions has a certificate, signed with the Doctor's own hand writing, and corresponding with the following, which is a *fac simile* of his real signature:—

“I certify this ANTI-IMPETIGINES is genuine,  
and truly prepared by me,

Price 10s. 6d. each bottle....13s. is saved in each family bottle  
at 50s. which contain *six* half-guinea bottles.



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A  
*GUIDE TO HEALTH.*

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*PART II.*

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*On Onanism, or Self-Abuse.*

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*A Treatise on Onanism.*

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1870

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A  
GUIDE TO HEALTH.

PART II.

ON  
*Onania, or Onanism.*

—•••••  
“Hoc nihil esse putes! scelus est; mihi crede, sed ingens  
“Quantum vix animo concipis ipse tuo”.

*You think 'tis nothing! —'tis a crime, believe!*

*A crime so great you scarcely can conceive.*

MARTIAL,

—•••••  
THE great alteration which takes place in the body of the male at the time when the semen begins to be formed and collected, is so manifest, that it appears to the most common observer; for the rise and continuance of the beard, and clothing of the pubes, depend thereon; and a wonderful alteration takes place

in the voice and passions of the mind, for the hitherto crying boy now becomes bold and intrepid, despising even real danger.

These changes are prevented by destroying the organs which serve to separate the liquor that produces it; and just observation evinces that the amputation of the testicles at the age of virility has made the beard fall, and a puerile voice return! After this, can the power of its operation on the body be questioned? Its destination determines the only proper method of its being evacuated. Certain distempers cause it sometimes to run off; it may be involuntarily lost in lascivious dreams, &c.

Nor is this to be observed only in mankind, but other animals become fierce and vicious about the same time. The bull, a most fierce animal before he sets upon the venereal act, afterwards becomes weak and languid: and the unhappy people who have exhausted all the vigour of their bodies by too early and excessive venery, live enervated, and are subject to a numerous train of miseries and disease.

The natural irritation to venery scarce needs description: instinct is the spring in brutes; and that, with reason, guides the rational being. Both are naturally satisfied when their desires are gratified.

Men love a Mistress as they love a feast;  
 How grateful this the touch, and that the taste,  
 Yet sure there is a certain time of day,  
 We wish our Mistress and our meat away.  
 Again the stated appetite returns,  
 Again our stomach craves, our bosom burns.

Immoderate use of coition, even in a natural way, depresses the spirits, relaxes the fibres, and renders the whole frame weak and exhausted: what then must be the consequence when nature is forced against her will? *Celsus* says, that from the practice of self-pollution, young people are prevented from their growth, and as it were, become old before their time. *Sanctorius* observes, that the insensible perspiration is diminished, and the concoctive faculties weakened, by excess of venery; and in his several aphorisms, reckons up the damage arising from this baneful habit.

*Hippocrates* gives an account of two persons in fevers, brought on by excessive venery, one of whom escaped, not however without great difficulty, after a severe fit of sickness which lasted till the twenty-fourth day, and the other died of that weakness and debility which he had brought on himself by this most horrid and baneful practice of self-pollution.

The same celebrated author, in treating of the many diseases which arise from venereal excesses, says, that “the *Fabes Dorsalis*, or *Medulla Spinalis*, (which is a consumption of the back), happens to those who are over lecherous in self abuse, or lately married; they are without a fever and eat heartily, but gradually waste away: and if you ask the patient how he is affected, he will say, there appears to him as if ants were creeping down the spine (back bone) from the top of the head; a great quantity of liquid semen is also discharged when he makes urine or goes

to stool ; nor does he retain his semen in his sleep, but has involuntary emissions whether he sleeps with his wife or not : and when he takes much exercise he feels a great weariness and debility, a shortness of breath, a heaviness in the head, and a tingling in the ears”.

Such is the state of those deplorable victims, who, if they have not timely relief, perish with the *Lypria*, a most dreadful disease, wherein the internal parts are consumed with a burning heat, and the external frozen with cold. All these complaints I have seen in patients who have indulged themselves in foul pollutions : the symptoms I have generally observed were, violent pains wandering through the whole body, attended sometimes with a troublesome heat, and sometimes with chilliness, especially in the loins, which complaints had continued for three, five and even eight years, resisting all remedies except the famous and highly-exalted medicine, the Cordial Balm of Gilead. In one patient particularly I observed, that after all the above pains were lessened, he felt a great pain in his legs and thighs, that he was obliged to sit by the fire-side even in the midst of summer, though when I felt his legs and thighs they seemed to have their proper natural warmth ; but what seemed to be most strange was, during this time the testicles were continually moving about in his scrotum, and he perceived the like motion in his limbs, with great pain. A similar case is likewise related (arising from the same cause) by Van Swieten,

in his commentaries on Boerhaave. I performed several operations on persons who had by this practice brought on a Paraphymosis, by not being able to bring the foreskin back to cover the nut of the penis, whereby the inflammation became so great, that an incision was absolutely necessary, to let out the acrid lymph, and free the strangled glands.

The consequences which attend this horrid practice, enumerated by Dr. Tissot, are as follow :

1st. All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight madness ; they have an incessant irksome uneasiness, continual anguish, and so keen a remorse of conscience, that they frequently shed tears. They are subject to vertigoes ; all their senses, but particularly their sight and hearing, are weakened : their sleep, if they can obtain any, is disturbed with frightful dreams.

2nd. The powers of their bodies decay ; the growth, of such as abandon themselves to these abominable practices, before it is accomplished, is greatly prevented ; some cannot sleep at all, others are in a perpetual state of drowsiness ; they are all affected with hysterical or hypochondriac complaints, and are overcome with the accidents that accompany those grievous disorders, as melancholy, sighing, tears, palpitations, suffocations and faintness. Some emit a calcarious saliva ; coughs, slow fevers, and consumptions, are chastisements which others meet with in their own crimes.

3rd. The most acute pains form another object of the patients' complaints : some are thus affected in their heads, others in their breasts, stomachs, and intestines ; others have external rheumatic pains, aching numbness in all parts of the body, when they are slightly pressed.

4th. Pimples do not only appear in the face, (this is one of the most common symptoms), but even real suppurating blisters upon the nose, the breast and thighs, with disagreeable itching on the same parts.

5th. The organs of generation also participate of that misery whereof they are the primary causes : many patients are incapable of erection, others discharge their semen upon the slightest titilation or the most feeble erection, or in the efforts they make when at stool. Many are affected with a constant gonorrhœa which entirely destroys their powers, and the discharge resembles fœtid matter or mucus ; others are tormented with painful priapisms, dysuriæ, stranguries, heat of urine, and a difficulty of rendering it, which greatly torments many patients. Some have painful tumours upon the testicles, penis, bladder, and spermatic cord. In a word, either the impracticability of coition, or a deprivation of the genital liquor, renders every one imbecile who has for any length of time given way to this crime.

6th. The functions of the intestines are sometimes quite disordered ; and some patients complain of stubborn constipation ; others of the hemorrhoids, or of a running of a fœtid matter from the fundament.

This last observation recalls to my mind a young man mentioned by Mr. Hoffman, who after every masturbation was afflicted with a diarrhœa, which was an additional cause of the loss of his strength.

The destructive and pernicious habit of Onanism, or self-pollution, is recorded in the 38th chapter of Genesis, as the crime of *Onan*, the son of Judah, with a view, no doubt, of transmitting to posterity his chastisement; and we learn from Galen, that Diogenes polluted himself by committing this crime. In scripture, besides the instance of Onan, we find self-polluters termed *effeminate*, *filthy*, and *abominable*.

“How soon the calm, humane, and polish’d man,  
“Forgets compunction, and starts up a fiend”!

ARMSTRONG.

*Pliny*, the naturalist, informs us, that *Cornelius Gallus*, the ancient Prætor, and *Titus Etherus*, the Roman Knight, died in the very act of coition. There can be nothing more dreadful than what *Celsus* and *Etherus* tell us of that abominable vice. The former says, that “these pleasures are always hurtful to weak people, and the frequent indulgence of them destroys even the strongest constitutions”. The last celebrated author draws a most horrid picture of the shocking consequences that are produced by this vile practice, and says that young people have the appearance and air of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them; they have an utter distaste for every

thing, and are totally incapacitated, and many become paralytic. The stomach is disordered, the body is weakened, paleness, bodily decay, and emaciation succeed this destructive habit, and the eyes sink into the head.

Dr. Tissot draws the following lively and true picture of the consequences of this deluding practice :

“ As soon as custom has obtained any degree of strength, the soul and body both concur in soliciting the crime ; the soul, beset with unclean thoughts, excites lascivious emotions ; and if it be diverted for some moments by other ideas, the sharp humours which irritate the organs of generation, soon draw it back. The truth of these observations would be sufficient to stop young people in this pernicious progress, if they could see that in this respect one false step brings on another ; that they cannot resist temptation ; that in proportion as the motives of seduction increase, REASON, which should keep them within bounds, is weakened ; and, in a word, they find themselves plunged in a sea of misery, without, perhaps, the hope of a single plank to escape upon. If sometimes early infirmities give them notice, if the danger terrifies them for some moments ; when the infirmity is relieved, and the danger over, rage precipitates them afresh.

“ The empire which this odious practice gains over the senses, is beyond expression. No sooner has this uncleanness got possession of the heart, but it pursues its votary every where, and governs him



at all times and in all places. Upon the most serious occasions, and in the solemn act of religion, he finds himself transported in a manner with lustful conceptions and desires, which take up all his thoughts.

“ Nothing so much weakens the mind as the continual bent of it to one object, which is the case with those addicted to Onanism, for in whatever vocation a person is engaged, some degree of attention is required, which this pernicious practice renders them incapable of.

“ It is true we are ignorant whether the animal spirits and the seminal liquor are the same ; but experience teaches us those two fluids have a strict analogy, and that the loss of either produces the same effects.

“ The loss of too much semen occasions lassitude, debilities, and renders exercise difficult ; it causes emaciation, and pains in the membrane of the brain.

“ Young people of either sex who devote themselves to lasciviousness, destroy their health in dissipating those powers which were destined to bring their bodies to their greatest degree of vigour.

“ Too great a quantity of semen being lost in the natural course, produces very direful effects ; but they are still more dreadful when dissipated in an unnatural manner. The accidents that happen to such as waste themselves in a natural way are very terrible, but those which are acquired by masturbation are still more so.”

The description which *Tulpius*, that celebrated

physician and burgomaster of Amsterdam, has left us, cannot be read without horror ! “ The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim ! ” Too great dissipation of the animal spirits weakens the stomach, destroys the appetite, and nutrition having no longer place, the motion of the heart is weakened, and all the parts languish.

Frequent pollutions not only produce lassitude, weakness, and debility ; but the memory fails, a cold sensation seizes the limbs, the voice becomes hoarse, and the eye-sight clouded, disturbing dreams prevent sleep from administering relief.

Mr. Harper observes, that, “ the premature indulgence of amorous desires, in the early bloom of youth, is productive of the most ruinous consequences. At this period the mind grows warm, and well adapted to imbibe a proper fund and connection of ideas, through the favourable disposition of the nerves, and the body begins to germinate and gather firmness and vigor from the maturation of its juices, especially those of the glands, which now unfold and afford a repository for the lymphatic and nutritious parts of the fluids to answer the emergencies of nature. But *the unseasonable pursuit of unripe enjoyment blasts these promising fruits, draws off health and genius from the system through the channel of pleasure, and inevitably shortens life !*

“ When the constitution approaches its zenith or confirmed state, if the social impulse occasion disor-

der and reject control, its effects are too important to be neglected, as they often have the greatest influence upon the whole frame. An exquisite sensibility in the nervous system, united with sufficient powers in the circulation on the one hand, and a full and cold phlegmatic constitution on the other, are the two extremes of temperament which particularly require indulgence; the former, in order to diminish that plenitude and irritation, which, if not removed, might produce frenzy, fevers, inflammation, &c. and the latter, on purpose to create that excitement and action in the nerves and vessels which are necessary to prevent obstructions, consumptions, hypochondria, &c.

“ Continued celibacy generally loads the glands, retards the circulation, and occasions fulness and stagnation in the vessels. In this state, the mind, unexpanded by the soft fire of mutual rapture, often becomes gloomy, selfish, and contracted, and all its faculties being confined within the narrow compass of ordinary gratifications, are devoted to habits of parsimonious care and contemplative amusement.

“ Temperance is the best pledge for longevity; nevertheless young people should, by all means, inure themselves to the hardships and asperities of life. Without some share of these to temper the lethargic effects of indolence, the body sinks into a state of effeminacy and imbecility, and the mind soon becomes as feeble and insignificant as the body.

“ Little irregularities may now and then be com-

mitted with impunity, perhaps with benefit ; but frequent shocks of revelry and debauch overstrain the system, indurate the solids, block up the fine vital channels, and hasten the approach of rigid old age !”

Of all the various evils that human nature is ordained to suffer, none is more calamitous than those attending seminal pollutions, and which would be difficult to paint in colours so glaring as they merit ; a practice to which youth devote themselves without being acquainted with the enormity of the crime, and all the ills which are its physical consequences. The most clouded melancholy, indifference and aversion for all pleasures, the impossibility of sharing the conversation of company, wherein they are always absent in thought ; the idea of their own unhappiness, the despair which arises from considering themselves as the authors of their own misery, and the necessity of renouncing the felicities of marriage, are the fluctuating ideas which compel these miserable objects to shut themselves up from the world ; and happy are those who do not, in the midst of despair, put a period to their own existence !

A description of the danger to a person who is addicted to this vice, is perhaps the most powerful motive of correction. It is a dreadful portrait, sufficient to make him retreat with horror !—Consider then its principal features—The whole mass fallen to decay, all the bodily senses, all the faculties of the soul, weakened—loss of imagination and memory

—imbecility—contempt—shame and ignominy are its constant attendants : All the functions disturbed, suspended and painful—capricious, disagreeable and disgusting, even to one's self—violent pains ever renewing—all the disorders of old age in the prime of youth—and above all, the incapacity for all the functions for which MAN was created—besides which, the humiliating consideration of being an *useless member of society* ; the mortifications to which they are exposed—lassitude—debility—distaste for pleasure, and incapable of enjoying the company of even a friend—an aversion for others as well as one's self—life appears horrible—the dread which every moment starts at *suicide* ! anguish worse than pain ; remorse, daily in excusing and daily gaining fresh strength.— Alas ! alas ! when the soul (no longer weakened by its unity with the body) serves as a fire, that is never extinguished, for an eternal punishment !

“ Moderate use of coition raises and cheers the noblest faculty of the body and mind ; for the grand act of nature (says Falk) is coition : that function in which nature has levelled the whole animal creation, by rendering the propagation of their species an object of the highest enjoyment : however, with this difference, that to all, except MAN, she has prescribed periods of desire : but man, as a rational being, she has left at full liberty to exercise these blissful moments with discretion. As long as that liberty is not wilfully abused, so long it is agreeable to the laws of God and man ; but the moment it is pervert-

ed into debauchery, the abuser sinks below the level of a brute ; and remorse, disease, and self-contempt become the fruits of his labour. Love is ingrafted by nature in the human breast, the mother-plant of every virtue, by which we are rendered pleasing to God, happy in ourselves, and useful members of society. It is by this celestial fire that the sexes beget an ardent desire to give and receive something essentially pleasing, which creates in man the idea of felicity not to be described, nor to be compared to any thing except to heaven itself. If the love is pure, the bliss is the greatest man can wish for : but beware, O youth ! beware ; let this noble passion be guided by reason, lest it should hurry thee headlong into lust ; for if that be thy misfortune, farewell to love and every other social virtue, *thou art ruined for ever !*

“ Sacred instinct first kindles the ethereal fire ; and when that pair meet whose inclinations come in unison, they proclaim to each other, with palpitating endearments, that there is a secret anxiety for becoming united into one. If this is not repugnant to the laws of chastity, and agreeable to the laws of nations, there now remains nothing but the embrace to complete the felicity, agreeable to the dictates of instinct. If this is concluded, and the period arrives, nature then prepares ; and the ideas centre in this act only ; the blood increases in velocity ; and, like the attractive power of magnetism, they cement as they approach in contact.”

Excessive venery produces lassitude, weakness,

numbness, a feeble gait, head-ach, convulsions of all the senses, dimness of sight, and dulness of hearing, an idiot look, a consumption of the lungs and back, and effeminacy. These evils are increased by a perpetual itch for pleasure, to which the mind and body had been so much accustomed, that it is difficult to wean themselves from it; whence follow obscene dreams and frequent erections, which are occasioned by the influx of semen, which, however small, becomes a burden and a stimulus, which will be discharged from the relaxed cells by the very slightest effort. Thus it is, that this horrid practice destroys the flower of our youth, and nips them in their bud. Dr. Rast, a celebrated physician at Lyons, relates, that a young man, a student in medicine, died of the excess of this kind of debauchery.

The idea of the crime had made such an impression on his mind, that he died in a kind of despair, fancying he saw hell opening on every side, ready to receive him. He also assures us, that he saw a child, of six or seven years old, (instructed by a servant maid), polluting himself so often, that he died of a slow fever. His rage for this act was so great, that he could not be restrained from it the very last day of his life; and when he was informed that he thereby hastened his death, he consoled himself in saying, he should go to his father, who died a few months before.

Frequent repetition of the act of self-abuse has been followed in some instances with an emission of

*blood* instead of semen. It is also universally acknowledged that we are equally ignorant of the nature of spirit and the nature of matter, but we know that these two parts of man are so intimately united, that all the change which the one undergoes is felt by the other. This observation equally points out to us, that of all disorders there are none which more quickly affect the soul than those of the *nervous system*.

Absence, distrust, or e'en with anxious joy,  
 The wholesome appetites and powers of life  
 Dissolve in languor : the coy stomach loathes  
 The genial board ; your cheerful days are gone ;  
 The gen'rous bloom that flush'd your cheeks is fled ;  
 'To sighs devoted and to tender pains  
 Pensive you sit, or solitary stray,  
 You waste your youth in musing.

Those who addict themselves to this practice are generally disordered in the stomach, and afflicted with loss of appetite—dry coughs—weakness of the voice—hoarseness—shortness of breath upon the least exercise—and a relaxation of the whole nervous system. Some are afflicted with a considerable loss of strength—paleness—sometimes a slight jaundice—pimples often appear on the face, and particularly about the forehead, temples, and nose—leanness—they are greatly affected by change of season, particularly cold weather—languor of the eyes—weakness of sight and loss of memory.



“ Youth (says M. Linnæus) is the important period for framing a robust constitution. Nothing is so much to be dreaded as the premature or excessive indulgence of amorous pleasure ; hence arise weakness of sight, vertigoes, loss of appetite, and mental decay. A body that is enervated in youth, never recovers itself ; old age and infirmities speedily come on, and the thread of life is shortened. No care should be neglected that may contribute to the elegance and strength of the body ; the excesses which I treat of are equally destructive of both ; for the foundation of a happy old age, is a good constitution in youth : temperance and moderation at that age, are passports to happy grey hairs.”

*Sanctorius* furnishes us, in his observations, with the primary cause of this peculiar danger. “ Moderate coition (says he) is useful when nature solicits for it ; when it is solicited by the imagination, it weakens all the faculties, and particularly the memory.”—This is easily explained : Nature, in a state of health, does not inspire ideas, but when the vesicula seminalis are replete with a quantity of liquor, which has acquired such a degree of thickness as to render its return into the mass of blood difficult, then coition is both necessary and proper ; but when we subject ourselves to lascivious desires, when we have no occasion for them, it is the imagination, lustful habit, and not nature that importunes them.

The body wastes away, th' infected mind  
 Dissolves in effeminacy, forgets  
 Each manly virtue, and grows dead to fame.  
 Sweet heaven! from such intoxicating charms  
 Defend all worthy breasts!

Another cause why those who practise self-pollution, are debilitated, is, independent of the emissions of the seed, the frequency of erection, which, though imperfect, greatly weakens them. Every part that is in a state of tension exhausts the powers, and they have none to lose: the spirits are conveyed there in large quantities, they are dissipated, and this occasions weakness: they are wanting in the performance of other functions, which is thereby only imperfectly done.

When a person has habituated himself to confine his thoughts to one idea, he becomes incapable of any other; its empire is fixed, its reign is despotic! upon the most serious occasions he finds his thoughts occupied with lustful desires and conceptions, and wishes to withdraw from observation, that he may indulge in his darling sin. To such a degree has dissipation in some places arisen, that debauchery with women is looked upon only as a habit, the most criminal in this respect make no mystery of it, and imagine, it draws upon them no sort of contempt. But where is the masturbator who dares acknowledge his infamy? and should not this necessity of hiding the deeds in mystic obscurity be a conviction of the criminality of these acts?

It is evident in what manner the constitution is injured more by this habit than by a natural connection ; for after excessive coition with a woman that is beloved, a man is not sensible of the lassitude which should follow the excess, because the joy which the soul feels, increases the strength of the heart, favours the functions, and restores what was lost : but this is not the case when every effort is strained to obtain a secretion of that fluid, whereby the human frame suffers such convulsions as is scarcely ever capable of being replaced. Why should we commit so great a crime against nature ? Why sink the soul in a sea of woe, and depress the spirits of the man, when " beauty has charms to dilate our hearts, and multiply our joys" ?



OF THE

## TABES DORSALIS.

TABES DORSALIS, or, the consumption incident to young persons of salacious dispositions, is so little treated of by the ancient practitioners of medicine, as well as through the delicacy of modern physicians, that an adequate idea of it cannot be collected from their writings. It is necessary then to say, that the first symptoms of the *Tabes Dorsalis* are

easily discerned by involuntary nocturnal seminal emissions ; pains in the back, as well as often in the head ; fornication of the spine ; aching pains, and laxness of the testicular arteries ; weakness of sight ; defect of memory ; a mucous discharge from the urethra after excremental exertions ; which are succeeded by an extreme dejection of the mental faculties : and contingent to these are gutta-serena ; meagre visage ; emaciated body ; irregular asthmatic sensations ; which preceding a syndrome of hectic complaints, ultimately close the fatal catastrophe.

What can produce such alarming indications of immature debility ? It is the unseemly practice, the solitary vice, which reason, which nature condemn ? Suffice it to say, that it is highly incumbent on those who have the care of seminaries to beware of the hidden evil, the Onanian mischief, and prevent its growth ! It is my duty to prescribe a cure to the already afflicted.

The Cordial Balm of Gilead, \* by its softening, healing, and tonic qualities, as well as by its prolific and salutary effects, affords a sure prospect of returning strength, and a certain hope of muscular invigoration, to those who can have sufficient resolution to desist from the baneful practice.

The increase of dangerous consequences flowing from masturbation is too obvious to need comment ; they are too sensible of it themselves, for the shocking remorse with which it is followed, when illness

\* Vide Directions for making it.

has opened the criminal's eyes, he sees his crimes and his dangers, and feels

———"The sting of pleasure which remorse succeeds."

When the mask is dropt, and the real picture of their conduct appears in its most hideous colours, they find themselves guilty of a crime, the punishment for which, divine justice ordained nothing less than instant death!

How many are there that have perished because they dared not reveal the cause of their illness!

I have read several letters to this effect: "I would rather die than appear before you after this acknowledgment". Another writes, "I conceive, my dear sir, that every one can see in my face the cause of my disorder, and this makes me shun all manner of company".—The cause of this melancholy is very easily accounted for; it is the relaxation of the fibres, a diminution of the circulation, imperfect digestion, want of nutrition, obstructions occasioned by these impediments, which seem to be the effects only of melancholy; the shedding of humours, which is the necessary consequence of obstruction.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humour, but likewise by the too frequent repetition of the convulsive motion by which it is discharged; for the highest pleasure is followed by an universal resolution of the natural powers, which cannot frequently take place without enervation. Besides, the more the

strainers of the body are drained, the more humours they draw to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that, from excessive venery, all the various symptoms of lassitude and debility ensue, which are increased by a perpetual itch for pleasure, which the mind contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions bring the flower of youth to premature old age.

The hypochondria is no uncommon attendant on this horrid practice, and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations, and anxieties, are the consequences of these united causes; and it is evident that hypochondriac complaints are sometimes accompanied with delirious fits, and phrenzy—consequences generally attendant on this abominable practice. The brain being weakened by this two-fold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

The best semen, and from which we may expect good healthy offspring, if not rendered too poor by previous pollutions, is that which is at *least* twenty-four hours in collecting, in a *sound* man, who has not abused his constitution by debaucheries of any kind; and which must be ejected with fervency, love and pleasure.

How different then is the case, when a common system in both sexes, and more commonly among women, is the indifference that this horrid practice leaves to the lawful pleasures of Hymen, even when the inclination and power *still* remain ! An indifference which not only induces many to embrace a life of celibacy, but even accompanies the marriage bed. Dr. Bekkers relates of a woman, who acknowledged that this practice had gained so complete a dominion over her senses, that she detested having lawful connexion with her husband.

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### *Nocturnal Pollutions.*

The danger of a copious evacuation of semen by Onanism, I have already pointed out ; and I shall briefly mention the baneful effects thereof, by producing involuntary emissions during sleep. The soul and body are united by such laws, that even when the senses are fettered by sleep, the soul is occupied with ideas which were transmitted to it in the day-time ; and without making them sensible to external impressions, the soul, in sleep, can create the necessary motions to execute desires which are suggested by the ideas which employed it. Satyrus, surnamed Grypalopex, who resided at Thasus, had from the age of 25 years frequent nocturnal pollutions ; he had even sometimes a running of seed du-

ring the day-time: he *died* of a consumption, in his 30th year. Zimmerman mentions the case of a youth, of promising genius, whose faculties were destroyed by nocturnal pollutions. Tissot relates, that a man subject to these emissions always became deaf and paralytic after every evacuation; but as soon as their frequency ceased, his hearing and faculties returned! Hoffman declares that no disorder torments patients more, or gives the physician so much trouble, as nocturnal pollutions, particularly if they have periodical returns. “The imagination,” says Boerhaave, “frequently produces seminal emissions in sleep. “The most studious people, and those of a splenetic “cast, are subject to this habit, and the discharge of se- “men is commonly so considerable, that they fall “into an atrophy.” Nothing can be more dreaded than the disorder called *furor genitalis*, which cannot better be described than in the following case:—A man, fifty-seven years of age, who had been afflicted with it upwards of twenty-four years, during this period he could not, for twenty-four hours together, refrain from women, or that horrid substitute, Onanism, and he usually repeated these acts several times a day. His nerves were greatly weakened, he was seized with melancholy fits and violent vapours, his faculties were besotted, his hearing very thick, and his eyes extremely weak: he died in a most shocking situation. Celsus says, and is supported by the opinion of John of Ackarus,\* author of a work com-

\* Medicus, sive methodus medendi, lxxiii. c. 22.



posed for the Emperor of Constantinople, “ that if  
“ nocturnal emissions continue any time, the neces-  
“ sary consequences are a consumption and death ; for  
“ the most balsamic part of the humour, and animal  
“ spirits are dissipated ; the whole body falls away,  
“ and particularly the back ; the patients become fee-  
“ ble, dry, and pale ; they languish, and have pains  
“ in their reins, and their eyes sink in their heads ! ! ”



## ADDRESS

TO

*Parents, Guardians, Schoolmasters,*

And those who are entrusted with the

EDUCATION OF YOUTH.

-4-0-2-

The growing pest, whose infancy was weak,  
 And easy vanquish'd, with triumphant sway  
 O'erpowers your life. For want of *timely care*  
 Millions have died of medicable wounds.

-4-0-2-

The following case is worthy the attention of parents and guardians who have the care of youth:— A young man of 28 years of age, who was initiated into these abominations, by his private *tutor*, and had the same disgust for the marriage state: the anguish of his situation, joined to his exhausted condition, the consequences of his operations, threw him into a profound melancholy, which however yielded to the power of that nervous and strengthening medicine, the Cordial Balm of Gilead.



Permit me to entreat you who are fathers and mothers to reflect upon the source from whence the above patient derived his misfortunes, as there are more ex-

amples of this kind than one. If they may be deceived in the choice of those to whom they intrust the important charge of forming the mind and heart of their pupils, what is there not to fear from those, who being only appointed to display their corporeal talents, are examined less critically with respect to their morals; and from servants who are frequently hired, without its being known whether they have any morals at all!

Many young and tender plants have been blasted by the very gardener who was entrusted with their rearing; there are in this kind of rearing gardeners of both sexes; but should it be asked where is the remedy of this evil? the answer is concise, and simply this—Be particularly careful in the choice of a preceptor; watch over the preceptor and his pupil with that vigilance which an attentive and careful father of a family exerts, to know what is done in the darkest recesses of his house.

Never leave servants or tutors alone with youth, if you have the least reason to believe that they are given to those practices. Watch youth if they stay too long in the privy or necessary, particularly with a companion, for in *great schools* it is frequently to such places that they retire to commit this destructive vice; and I have been assured by many, that they were first taught this detestable practice in such places.

It is time to conclude these shocking details; I am weary of the turpitude and misery of mankind. Good God! would young people only take time to

consider that every act of debauchery of this kind strikes deep at the root of the constitution, inevitably hastens those disorders they fear, and will in the very flower of their youth, bring on all the infirmities of the most languishing old age, they certainly would abhor and desist from so vile and abominable a practice.

Before I dismiss this subject, it is absolutely necessary to remark, that it ought not to be expected that disorders of this kind can be removed in a few days, which perhaps have been many years accumulating. Those who wish to be restored to their former health, strength, and vigour, ought strictly to adhere to the advice and remedies prescribed for them by their physician; they should consider, that from implicit confidence and steady perseverance, a cure can only be obtained. A patient who is inattentive to his own welfare, cannot expect a cure. Hippocrates justly observes, that, "the patient, the physician, and the assistants, ought equally to do their duty". Aretus says, "Let the patient have courage, and conspire with the physician against the disorder. The most stubborn distempers generally give way to this harmony". Experience daily demonstrates the justness of this assertion; and the author can safely challenge the whole world to prove one single instance where the remedies herein prescribed have failed in producing the most happy and salutary effects, even in the worst of cases, wherein it has been taken regularly and persevered in for a moderate length of time.

Persons who have addicted themselves to this

They generally find themselves disgusted at all amusements, absent in company, stupid and lifeless every where: and if they think at all, feel themselves plunged into the deepest melancholy. From all these miseries the CORDIAL BALM OF GILEAD is calculated to afford relief. But it should be observed that perseverance is necessary; in all cases a particular attention to the directions, as also a regularity in time and dose, is to be regarded; and above all, it must be noticed, that it will be in vain to expect any relief from this remedy, without punctuality; for taking a bottle or two regular, then leaving off for some days and beginning again, will be of no service; *it must be continued regularly.*



## ADVICE

TO THOSE WHO HAVE GIVEN WAY TO THIS

*Delusive and Destructive Habit.*

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The first step that should be taken with regard to the cure, is, to leave off those practices that have occasioned the disease, which, though I confess it appears to me to be a difficult matter, (as the very soul itself is generally so much polluted that it can dwell on no other idea), yet, however, if by a sincere repentance, and fixed determination to desist therefrom before it is too late, there is not the least doubt but that the irratibility will soon be subdued, provided the following rules are well attended to:—Avoid all stimulating, acrid and high-seasoned meats; a poor, thin diet, is, however, very improper. The food should be rather nutritive than plain, and exactly such as recommended in nervous complaints, with the like exercise.—*Vide Nervous Complaints.* It is certain, however, that as the diet there recommended will restore the strength of the body, it will at the same time increase the stimulus on the organs of generation, by secretion of semen, which, of course, will be larger in quantity than even in healthy per-

sons, owing to the great evacuations which have preceded. Some part of the semen is gradually absorbed by the lymphatics, in consequence of which the remainder becomes thick, acrid, and very stimulating. To remedy this, exercise is to be used, and that not only for pleasure, but until it is attended with a very considerable degree of fatigue. The sleep must be no more than barely sufficient to repair the fatigues occasioned by the exercise, for excess of sleep is as bad as idleness or stimulating food. Excess of wine or spirits ought to be avoided, though a glass in *moderation* will not be prejudicial. But the only remedy, perhaps, of *real* efficacy, and from which, by *perseverance*, a permanent cure will be obtained, is the Cordial Balm of Gilead, which is possessed of this admirable quality, in preference to any yet ever discovered, that with little or no stimulus, it restores the tone of the system, invigorates the body in a manner incredible to those who have not observed its effects. If these instructions are followed and the medicine persevered in, the patient may for a certainty expect a recovery, provided any degree of vital strength remains; and those who desire a life of celibacy on a *moral* account, will find them much more effectual than all the vows of chastity can make.

Observe all the time the greatest exactness in your regimen or manner of living. Abstain from all mixed or high-seasoned food. Use plain diet, easy of digestion: and this as sparingly as you can, consistent with ease and strength. Drink only water

If it agrees with your stomach ; if not, good, clear small beer. Use as much exercise daily in the open air as you can without weariness. Sup at six or seven, on the lightest food : go to bed early, and rise betimes. TO PERSEVERE WITH STEADINESS IN THIS COURSE, IS OFTEN MORE THAN HALF THE CURE.

\* \* \* As cases and constitutions, as well as former modes of treatment, frequently render it necessary that an alteration should take place in regimen, diet and dose, it would in general be prudent to lay a state of the case before Doctor Solomon, that he may be enabled to give his assistance and advice towards establishing a speedy and effectual cure : *Vide* “ Instructions to be observed by those afflicted with Nervous Complaints,” &c. in the latter part of this





## CASES AND CURES.

The following Cases are inserted to point out the consequences of this destructive habit, that a view of the dreadful effects thereof may deter young people from giving way to the fatal delusion; and the Cures are added, to show the efficacy of the *CORDIAL BALM OF GILEAD*, in a variety of cases, that those who are already drooping under similar complaints, may not sink into total despair, but seek for advice and remedies, even though they should be bereft of every other hope of relief.

### A LETTER

*To Dr. Solomon, Liverpool.*

*Windsor, October 23, 1797.*

Sir,

Having, during my residence at school, acquired a baneful habit, I was so emaciated as to become an object of continual admiration. I tried several medicines, and applied to several eminent surgeons, one of whom (Dr. Willmott) advised me to try the Cordial Balm of Gilead; I accordingly purchased a bottle and am now perfectly restored. To you I owe my life, and shall remember it with gratitude as long as I live.

THOMAS DEMPSTER.

P.S. You are welcome to insert this, for the benefit of my fellow-creatures.



A person writes, that he was brought up at a public school, where, while very young, he was initiated into the practice of the secret and destructive vice, called Onanism, where he continued till nineteen years old, and since which time he had been endeavouring by various means, and under the direction of many different physicians, to regain his strength. He described his situation to be, "very subject to nocturnal emissions; sometimes three or four times in a week on successive nights; and the day after they happen, was ready to sink into the earth, being careless of what became of him: feeling a continual heaviness, weariness and lassitude all over his limbs, particularly about the knees; the skin covered with small pimples after exercise, a continual heat in the extremities, with frequent cold sweats; and the power of copulation entirely destroyed".



*Spithead, 2nd Dec. 1798.*

For the benefit of mankind, and of my brother officers in particular, I authorise Dr. SOLOMON, of Liverpool, to publish this my acknowledgement of the efficacy of his medicine the Cordial Balm of Gilead. As I do not choose my name to appear in print, persons desirous of knowing the truth of my assertion, may by enquiring of Messrs. Toulmin, Navy agents, Surrey-street, Strand, London; or Mr. Alexander, Navy agent, opposite the Navy Post-office, Broad-street, Portsmouth, learn my name and address. By an irregular life I had been excessively weakened and debilitated—a dozen bottles of the Cordial Balm of Gilead absolutely restored me to my primitive health.

N.B. The above is from a principal Officer of a 74.



A gentleman having for a series of years, given way to the practice of secret venery, or self-pollution, was brought so low that he thought proper to apply to a surgeon. Having had a

violent pain in his head, he was bled; a few nights afterwards, on getting into bed, he was suddenly seized with a pain at his heart, as if something had given it a sudden pull, and immediately afterwards with a violent trembling all over his body, and palpitation at the heart; the sudden pain did not last more than a second of time, but the trembling and palpitation about four hours. Many medicines were administered, but without effect. The gentleman described his case to be as follows.—The pull at his heart generally troubled him two or three times a day, and sometimes, though not often, five or six times in a minute; he was faintish before it came on, which went off when the heart began to beat hard; was troubled much with involuntary nocturnal emissions, and had for some time a gleet; was of a very costive habit of body, and troubled with a cough, which made him spit a kind of blackish stuff, of a saltish taste; he felt frequently a gnawing sensation at the pit of the stomach, a very quick pulse, great weakness of body and dejection of mind. From this train of evils, the Cordial Balm of Gilead relieved him in about six weeks.

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A lady, having been too much accustomed to this baneful habit in her youth, which had brought on her great weakness of body, but more particularly anxiety and dejection of mind, with a long train of nervous affections; having accidentally seen the "Guide to Health", took the resolution of writing to the Doctor, and candidly stating her situation. In a short time she was happily cured by the Cordial Balm of Gilead.

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A young man, 21 years of age, writes, that "he had addicted himself greatly to abuse his person by self-pollution, and by it had brought on himself a variety of complaints, which had baffled the power of medicine to eradicate, and finding himself wasting by degrees and growing daily worse, (having continual involuntary emissions of semen, and being so weak in

body as to be scarce able to do business, which greatly depressed his spirits), he went under a course of the Cordial Balm of Gilead, which re-established his health".



A gentleman specified to Dr. Solomon, that he had a complication of disorders, arising from his having practised the vice of self-pollution at an early age; and having caught the venereal at the age of nineteen, which was badly cured, and which ended in a continual gleet; he also had great pain in his gums and fore teeth; the gums had small ulcers upon them, and there was a lump on the inside of his mouth; leeches were applied to them, but without benefit; the ulcers discharging a very offensive matter: an inflammation appeared near his right eye up to the nose, which was brought to a suppuration, and cut; he lost several of his teeth, several small bones from the side of his nose came away, and the bridge of his nose was much sunk.—From this miserable situation he was soon relieved by this celebrated medicine.



A gentleman who was greatly afflicted with a consumptive complaint, originating from this baneful habit, which brought on an obstinate cough, shortness of breath, and profuse night sweats; in which situation he continued a long time, having taken numberless medicines, but with very little effect, the cough and shortness of breath still continuing, so that he could procure no rest. In this condition he resolved to make trial of the Cordial Balm of Gilead; and though the cough continued very incessant while he was taking the first bottle, attended with a constant spitting of thick yellow matter, sometimes very slimy and frothy, streaked with blood, yet he continued it, and on taking the third bottle found himself much better, his stomach easier, and his cough mending very fast; he then applied to Dr. Solomon for a five pound case, which he took with increasing benefit, and wrote in a second letter that "his

cough was grown much easier, his breath longer, and without that pain and difficulty which formerly attended it; that he could get a tolerable good night's rest, which he had been so long a stranger to; and his strength and appetite had greatly increased". By another case of the medicine this gentleman was perfectly recovered, and his health firmly established.

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"I am a young man about 17 years of age, and addicted myself to that most abominable practice of self-pollution at the age of 13, and continued it til I was 16. I have lately purchased your "Guide to Health", and am going to enter upon a course of your Balm of Gilead, but have thought it wise first to ask your advice, for which I have enclosed you half-a-guinea, being your usual fee. I abandoned that abominable practice about a year ago, since which time I have frequently had nocturnal emissions in my sleep. I have a continual oppression at the chest, with acute pains in my joints, and am always so cold that I can scarce refrain from the fire; my face is quite covered with pimples, which renders my appearance very unpleasant. I have used several medicines in order to get rid of them, before I knew from what cause they proceeded, but to little effect. I have a few also on my back and breast. Solitude is no longer irksome to me, since in a public company I can scarce by any means refrain from repeated blushes. I desire to know your opinion of my case, and whether I ought to begin your Cordial Balm of Gilead immediately, as I could in a few weeks go into the country, there to stay with my friends till I had taken it. In your answer don't mention the name of my disorder, as I must shew your letter to my friends. I request that you will give me directions as to regimen, &c. Please to direct for me at——"

☞ This young gentleman obtained a perfect cure by a five pound case (containing equal to twelve half-guinea bottles) of the Cordial Balm of Gilead.

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One patient, in stating his case, says—"I beg leave to trouble you with this letter on a subject which I blush to inform you of, but am induced from observing an advertisement in the public papers, wherein your "Guide to Health" was spoken of. I purchased one, and find your advice offered in so friendly a manner, that I am induced to make this application to you. I am almost 18 years of age, and have been at a large school at this place near three years. It is with sorrow I confess that I have greatly injured my health by a practice which it is needless to describe to you, and which is too common, especially among bed-fellows at large schools. A short time ago I sent to Birmingham for a bottle of your Cordial Balm of Gilead, which I have finished, and I think it has done good in strengthening me. About half a year ago I endeavoured to copulate with a woman, which I effected; but on a similar occasion lately, to my surprize, I was unable. My case is—I have a weakness in my loins, the liquor flows from my penis on slight occasions, which I am afraid has diminished in size, and am much thinner in flesh than I used to be. Will Dr. Solomon be so kind as to inform me immediately his opinion of my case, and whether I must continue his medicine? I have only to add, that by an early attention to my unfortunate case, my dear Sir, you will bestow a lasting obligation on, &c. ———

☞ This young gentleman was restored by a few bottles of the Cordial Balm of Gilead.



A patient at Stockport, communicating his situation after having been addicted to self-pollution, states, that he is troubled with frequent nocturnal emissions, which weaken his body and distract his mind; and his rest is continually disturbed with frightful dreams. A very disagreeable savour in his mouth when he rises in the morning, and spitting a kind of yellow matter, with a disagreeable smell; his lips are hard and dry, and the gums bleed on the slightest occasion; his eyes sore with continual weariness; a scurf on his face, which is

subject to heat and flushing ; great pains in his joints, especially a day or two after having an emission, and strong itching on different parts, particular y about the fundament.



A gentleman at Hull, who was educated at a large school, unfortunately learnt and practised the baneful habit of Onanism, from his 16th to his 18th year, by which he entirely debilitated himself, so as to be altogether incapable of connection with the female sex, was cured by a regular course of the Cordial Balm of Gilcad.



A very remarkable case, of a person greatly reduced by means of stimulating drugs, administered to him by a woman, with intention to bring him over to her embraces : he writes, that nearly all the time she lived with him (eighteen months) he was like a man intoxicated with strong liquor, or a person insane ; and though three years had elapsed since she left him, he still continued for the most part the same. He discovered her giving him something in his milk at supper, which cut sharply going past the throat, into the stomach ; the next day he was so intoxicated and sleepy that he was unable to attend his business. He was frequently troubled with flutterings and trembling, and feeling as though something alive was within him from the bottom of his bel'y to the crown of his head ; much afflicted with wind, and a hot burning pain in his bowels and brain, with violent crackings in the brain, his ears and nose very cold, a great weight in his ears, and his smell nearly lost ; his eyes dim, and black clouds appearing to shoot before them ; a perpetual noise in his head like the boiling of a pot, and a hot burning pain in the right kidney ; a great clogging and pain over his loins, loss of memory, and extreme melancholy and dejection of mind.



Dear Sir,

For God's sake assist me, I find myself perishing! You have opened my eyes by the perusal of your "Guide." I am a guilty sinner; I have too long polluted myself. I feel my health sensibly diminishing; my sensations are blunted; my memory is defective, so that I have scarce any presence of mind: I have lost my appetite, and am lost even to myself. I am ashamed to add, that I am but fourteen years of age, though five years<sup>s</sup> have elapsed since I was first taught the sinful practice.

Kind Sir,

I write at the request of a young man, who having heard of your great abilities, wishes to have your opinion of his deplorable case. He would have entered upon a course of your Cordial Balm of Gilead, but thought it most prudent to take your advice and opinion first. Inclosed is an order on the Post-Office for one guinea, which he understands is your accustomed fee. He is about 23 years of age, and has, since he was 15, constantly practised that destructive habit called Onanism, which is so admirably treated on in your "Guide to Health." He has within these six months been seized with a weakness in his head and eyes; the latter, he says, has been frequently afflicted with violent spasms; and when he reads he is taken with such kind of stupor as intoxication creates; the pupil is very much dilated, and he suffers exquisite pains in his eyes, the lids are very heavy, and shut themselves at night; he is constantly shedding tears, and a great quantity of whitish matter gathers in the two corners, which are very painful. Though he has an appetite to his meat, yet he falls away to a mere skeleton; and as soon as he has done his victuals, he relapses into his former drowsiness.

Such, Sir, is the state of this unhappy youth, as near as I can state; and he begs of you to inform him, with your usual candour, what benefit he may expect from your medi-



vine, or such other matters as you may think proper to direct for his relief. Despairing, as he has long since done, of ever obtaining relief from our physicians, who are wearied of prescribing for him, he put up his prayers to the Almighty that this application to you may be attended with success; and as he is sufficiently convinced of the enormity of his crime, he resolves to abandon that vile practice in future. He begs a speedy answer.

P. S.—Please to direct for Mr. —, No. —, — street, Bristol.

☞ This young man was perfectly cured by a few bottles of the Cordial Balm of Gilead.



The case of a gentleman at Plymouth states, that he had practised the vile habit of self-pollution for some years, and with great difficulty conquered the passion when he was 20 years of age, after which he was troubled with frequent nocturnal emissions. He then tried several advertised medicines, as well as those recommended to him by the faculty, but without effect; involuntary nocturnal emissions still continued, and a running, sometimes from the penis, great weakness and utter debility; for though he had been married three years, he had never been able to effect copulation with his wife, his ability failing him at the moment he wanted it. In this unhappy situation he applied to Dr. Solomon, and by a course of the Cordial Balm of Gilead was restored to health.



A gentleman in his letter to Dr. Solomon for advice, acknowledges himself to have been guilty of self-pollution when about sixteen years of age; soon after which he contracted a venereal complaint, for which he took a great deal of mercury. He had a slight swelling on his groin, which never dispersed, and which frequently gave him great pain, particularly when he used more exercise than common. He ob-

served some tokens of debility, and sometimes a small running from the penis as of a gleet. Greatly alarmed at the symptoms, he applied for advice, and by taking the Cordial Balm of Gilead was restored to full health and vigour.



A young gentleman who had practised this destructive vice at school, and continued it till 17 years old, finding some alarming symptoms beginning to appear, timely laid open his condition to Doctor Solomon, by whose advice, and the Cordial Balm of Gilead, the progress of those dreadful disorders consequent on the commission of that dreadful vice, were stopped, and the gentleman restored to a perfect state of health.



A patient at Newark-upon-Trent writes, that at twelve years of age he commenced the practice of self-pollution, and continued it till he was nineteen, till mere weakness of body, and lowness and dejection of mind, caused him to discontinue it. Having accidentally met with Dr. Solomon's publication, entitled, "A Guide to Health," he was induced to try the efficacy of the Cordial Balm of Gilead, which fully restored him to health.



### *Extraordinary Case*

#### OF A YOUNG MAN,

Who was driven mad by the practice of Onanism.

I was taught Onanism when a 'prentice, between 17 and 19 years of age, I am not sure which, by my master's neighbour's 'prent'ce, who slept two nights with me when a friend of his master's came from the country. I practised it till I was 20 years of age, but never emitted blood, to my knowledge, in that time. I had two brain fevers; the last left me in a state of derangement for four months, so that I was confined in a mad-house, which was in 1791. I remember practising Onanism

for some time whilst in confinement; but when I got my reason again, and feeling a great pain in my back, which I thought was occasioned by these frequent pollutions, I resolved to give it over, which I did, and the pain left me; but though I have never practised it since, I am constantly troubled with involuntary emissions to this day, and all the miseries which accompany it. I am now about 28 years old, and am so nervous that I can scarce write. I feel a craving appetite for my food, but when I eat as much as would serve a child, my stomach fills. I am very soon tired, tho' my business is not hard; and am extremely weak and debilitated; frequent erections of the penis, and a constant running of a whitish colour, &c. &c.

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### TO DR. SOLOMON, LIVERPOOL.

Sir,

I am one of those unfortunate young men who have fallen a victim to that deluding and destructive habit, self-pollution, which I began when between 14 and 15 years of age, and continued it till I was 19 before I considered it either sinful or hurtful; when finding it had hindered my growth, and weakened my body, I detested it, and determined to leave it off, which I did for a short time, but could not conquer the passion all at once; by degrees, however, I got the better of it. I am now near thirty years of age, and am naturally of a hot, strong and robust constitution; or at least I believe it would have been so if I had not injured it by the above practice; for though it commenced at so early a period, and was continued to a very great degree for five years, yet I cannot remember having any illness or disorder on my body (except a deficiency of strength) till within these two or three years; when a looseness came on and continued for some time, and then went off of itself. In about six or seven months after, it began again to a great degree. I then applied to a doctor, who stopt it for two or three months; it then came on again, and I had

recourse to physic, which brought off a great quantity of green jelly'd stuff. Since that time the looseness frequently comes on about once a month, continues a short time, and then goes off. I am sometimes bound in my body, though to no great extremity. Since the looseness came on I have been afflicted with biles breaking out of my arms and legs. I have often flying pains and soreness all over my body, and have of late grown very thin of flesh, though I have a good stomach and eat my meat with extreme greediness. My eyes are very thick, often run with water, and are dim and sore. I have a slight rupture on me, which came down in the left scrotum about half a year ago. With regard to the effect that this base habit has had upon the mind and senses, I find it is exactly the same as you represent it in your "Guide to Health"—such as dulness of memory, extreme lowness of spirits, faint-heartedness, alarming fears, absent in company; and at every trifling loss or disappointment I am plunged into the deepest melancholy and despair, with numbness, lassitude and debility. You perhaps will not be surpris'd when I inform you, that all these evils have brought on me a seminal weakness. I am rendered incapable of coition; my former lust has almost entirely abated; I have seldom an erection, and that but of short duration; my testicles hang loose and dangling. I have been troubled with nocturnal emissions, and have emitted my semen on slight occasions. And now, my dear Sir, I refer myself altogether to you, earnestly requesting, if it be in your power to restore my constitution to its natural tone and vigour, that you would send me such medicines, with advice and directions for that purpose, as you think proper, for which have enclosed you a bill, &c.



A gentleman at Peterborough, who had in his youth, been guilty of self-pollution, was attacked in his maturer years, with several disorders occasioned by that practice. His complaints were generally of the nervous kind, and he was attacked mostly in bed after the first sleep with a disagreeable

rumbling in the stomach, with pain and wind; the powers of digestion being weakened, the body was greatly bound, and from straining, a discharge similar to seed came, which occasioned a prodigious weakness in the penis, and rendered it so very feeble that he could scarce obtain any erection, and could by no means effect perfect enjoyment of his wife; and it appeared as though there was some stoppage in the urethra which prevented the erection; the urine brought with it at times a great deal of sand and gravel.

§ This gentleman was cured by a course of the Cordial Balm of Gilead.

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A young gentleman, only 19 years of age, was greatly afflicted (through the practice of that destructive vice) with a swelling in one of his testicles which confined him for three months; when it abated an impotence followed, and nocturnal emissions happened almost every night, accompanied with pains over the whole body, a noise in the ears, a swimming in the head, and great pain in his eyes, which resisted all medicine, and his rest entirely forsook him. In this dreadful situation he applied to Dr. Solomon, who prescribed the Cordial Balm of Gilead, which soon checked the violence of the disorder, and by perseverance he is perfectly cured.

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A person at Glasgow, in Scotland, had been for many years in the habit of abusing himself with pollution, which produced very alarming and destructive symptoms, and such severe pains in his head, back, breast and thighs, that he was rendered incapable of attending to business. Having formerly been greatly afflicted with the venereal, he attributed these symptoms to the remains of that disorder: but having fortunately met with Dr. Solomon's publication, "The Guide to Health," which opened his eyes to the horrid consequences of that abominable practice, he applied to the Doctor, and was soon relieved from all fatal effects by the Cordial Balm of Gilead.

A young man, 23 years of age, and naturally of a strong and healthy constitution, was addicted to that destructive vice, Onanism, from a very early period of life, and continued in the practice of it for several years, till it produced its usual train of dreadful and afflictive symptoms, and effected a complete inability to perform the functions of manhood; it also produced so great a melancholy and dejection of mind, that he shunned every one he knew as much as possible; and the powers of the mind were so much changed, that he was totally lost and confused on being asked the plainest questions, which he was altogether unable to answer. This patient having persisted in a due course of the Cordial Balm of Gilead, was at last happily relieved and recovered a good state of health.



A person, 28 years old, writes, that by the practice of Onanism he had brought upon himself a strong and continual pain in his breast, attended with a constant spitting of small lumps, sometimes of a yellow colour, at other times white. He was soon cured by the Cordial Balm of Gilead.



I am a young man, 18 years of age, and have had frequent connexions with a servant girl, but of late have been seized with a weakness and general tremor in all my members, my face is become red, and my pulse weak; a tumour or swelling has taken place in my right arm, with a violent pain in my elbow, and I feel the pain and weakness always increased by copulation. Before I formed the above connexion, I unfortunately was taught that abominable vice Onanism, as it is called, by a schoolfellow, and followed it for near three years. Dr. Solomon will no doubt administer something that will relieve me, for which I will pay with the greatest pleasure. Please not to mention what my disorder arose from, but say it is owing to a weakness caught by a surfeit or cold, as I must show your

letter to my friends, from whom I must obtain money to pay for the medicines, being not yet of age.

☞ Cured by a course of the Cordial Balm of Gilead, and the regimen prescribed under the article *Impotency*.

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“ It is now some time since I was troubled with involuntary emissions, and a general debility in my whole system, owing to a destructive habit of polluting myself, a practice which I continued near seventeen years; but by an advertisement in the papers I was directed to your Cordial Balm of Gilead, which has effectually cured me, and I am perfectly sensible of the pernicious effects of the above vice, and am determined never to be guilty of the like again.”

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Another writes—“ Your name and abilities being the subject of much conversation here, induced me to send for one of your ever-to-be-admired books the “ Guide to Health;” in perusing which, you have detected me in that deplorable vice of self-pollution, for which I consider myself under the most lasting obligation to you. I am sensible it has greatly debilitated me, and find the sad effects of its growing in every respect as you describe, such as absence of mind, melancholy, loss of memory, &c. though I have practised it not more than ten or twelve months. You will be kind enough to send me a five-pound case of your Cordial Balm of Gilead, which I hope will set me to rights again, and it will add to the obligations I already feel. If I should be so fortunate as to be reinstated in my health, it will be my pride to recommend both you and your excellent medicine on every opportunity. Inclosed is a five-pound bank bill.”

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Another patient says—“ Having for some time past been afflicted with a seminal weakness, being frequently interrupted with unpleasant dreams and involuntary emissions, finding my-

self much weakened, and troubled with a frequent pain in my head and the lower parts of my body, I was induced to communicate my situation to a medical gentleman, who immediately told me what he conceived to be the origin of my complaint; till then I was ignorant of the ill consequences that arose from the vile habit I had practised, and which I now with the utmost abhorrence, blush to confess. The medicine he prescribed no appearing to give me any relief, and being anxious to have recourse to something that would, if possible, tend to a cure, I fortunately one day observed an advertisement of your Cordial Balm of Gilead. I immediately purchased a bottle, and finding immediate and wonderful relief, was induced to continue it; as such have taken ten bottles; though not absolutely quite recovered of the nocturnal weakness, am happy to say it has greatly relieved the pain in my head, removed the soreness in my chest, and dispersed the pains in the lower part of my body. As I hope, and indeed am morally certain (through the blessing of God) to receive a perfect cure from persevering with your valuable medicine, I now take the liberty of requesting you to send me, by the coach, a five-pound box, containing the quantity of twelve half-guinea bottles of your Balm of Gilead, being the price you fix for that number being purchased at once, in your "Guide to Health" which I have bought. I have remitted herewith a Bank of England note. As you do not wish particularly to have the name, and from my unpleasant situation I at present wish to conceal it, you will excuse my signing initials only. Waiting your kind reply, I am, &c.

A. Z."

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Having brought on myself many bad symptoms by that abominable practice self-pollution, and which I was taught by an apprentice of ours, which had reduced me to a very deplorable state, so that I was unfit for any employment, being always weak, feeble, dull and languid; I am exceedingly



happy to inform you, that I am quite restored to health, by following the directions in your "Guide to Health", and taking your Cordial Balm of Gilead.



A patient in stating his case says—"I acknowledge to my great shame, that I have been many years addicted to that vile practice, self-pollution, so deservedly reprobated by you in your "Guide to Health," and which has brought me into a state of total imbecility. About five years ago I contracted a slight venereal, and applied to my surgeon, who gave me some pills, which occasioned a constant and copious discharge from the urethra, more he said than he had ever seen in the course of his practice; after this had stopt, I continued in the above shameful habit of Onanism till I began to feel the terrible consequences of it, which for a long time I falsely attributed to the medicine I had taken during the venereal, as I had always a very strong mercurial taste in my mouth. I have been under the care of all the doctors and physicians in this part of the country, but can get no relief; some have treated it as the effect of vile pollution, and others as the remains of a venereal imperfectly cured; but all their efforts have been ineffectual. A strong pain attacks me, more especially when warm in bed, in the small of my back, and in my left side; the latter never leaves me. I have frequently a great pain, accompanied with a rumbling in my bowels, which are sometimes lax and sometimes costive; I am often affected with a great and distressing lowness of spirits, a strong palpitation of the heart, and a trembling all over me, and these symptoms seem to be daily gaining more strength. Having heard much of your famous medicine, the Cordial Balm of Gilead, I am desirous of trying it, if you think it would have its usual effect on me. I trust, Sir, you will candidly make me acquainted with the hopes you entertain from this medicine, or any other you may think proper to apply to my case, and please to send particular directions in respect to diet, &c. I have been shamefully imposed

upon by some of the advertising faculty in London, who have sent me a great quantity of medicines, which, I believe, have done me more hurt than good; but from your medicine, I hope I shall experience that relief, which I have sought for so long in vain.

J. H."

\*. Perfectly cured by a course of the Cordial Balm of Gilead.

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A middle aged man, in Warrington, from the practice of that vile act of self-pollution, brought upon himself great bodily weakness and debility, with a lowness of spirits, great agitations of the mind, sometimes approaching to insanity; a palpitation of the heart on taking the smallest exercise; at times a total loss of appetite, though at others he would eat his victuals with extreme greediness; such a degree of lassitude as frequently confined him to his bed for days together; till at last hearing of the Cordial Balm of Gilead, was induced to put himself under a course of it, which in a short time effectually cured him.

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A young man, in stating his deplorable case, writes thus: "I am going to relate my case to you, which shocks me to think of, much more so to disclose. From my infancy I have been addicted to that abominable passion, Onanism, or self-pollution, to a most shocking degree. About seven years ago I contracted the venereal disease, which was cured by my surgeon, but left a gleet upon me, which continued running for 12 months! when I went to another eminent surgeon in our neighbourhood, who gave me a bottle of water to wash with, which soon put a stop to it, but since that time I have never had any inclination for a woman. About a twelvemonth ago, an involuntary flux, or discharge of urine, came upon me, and it has increased ever since, so that within these four months I have been obliged to sleep with a bladder to catch my water. If you think you can set me to rights, I shall take care not to be guilty

of that abominable sin any more, and shall, as in duty bound, ever pray for the blessings of God to be showered on your head. Please to inform me what you think of my disorder, and what the expence will probably be. In your answer, don't mention the name of my disorder, as I must show your letter to my friends".

☞ This person was perfectly cured by a course of the Cordial Balm of Gilead in ten weeks.



Not long since, a young woman about eighteen years of age, who had enjoyed a good state of health, was seized with an astonishing weakness; her powers daily diminished; in the day time she was constantly overcome with drowsiness, and was at night unable to sleep; she lost her appetite, and a dropical swelling spread all over her body. She consulted me, and after I found that her menses were regular, suspected masturbation; the effect of the first question that I put to her, confirmed the justice of my suspicion, and the patient acknowledging it, convinced me. I represented to her the danger of such a practice, a cessation from which, and the medicine, in a few days stopped the progress of the disorder, and produced a most favourable change.



What can be more alarming than the deplorable condition to which the following patient had reduced himself?—  
 “Dear Sir, It is real necessity alone could induce me to address you upon a subject which I would willingly veil from my own imagination; but the direful consequences of it shall lead me to reflect with bitterness upon the criminal indulgence of a foolish passion, which has, I fear, entirely ruined my constitution. In a word, Sir, I have practised it for some years with an avidity I could scarcely conceive myself capable of. Resisting the friendly warning of nature, which by various symptoms of weakness, and an increasing debility, fully convinced me that

I was injuring myself most essentially; still, however, the inclination continued to gain ground, and I pursued it until at last I emitted pure *blood* instead of semen! which was followed by inflammation and swelling of the penis and testicles, and is accompanied with such excessive pain that I cannot rise from my bed, and can scarcely turn myself in it. I am afraid it is too late that I see the enormity of this practice; but, my dear Sir, if you can send me any medicine that will be beneficial to me, to reinstate me in my former strength, and something to foment the part with, to abate the inflammation and swelling, you will confer a lasting obligation on, &c."

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A patient writes—"By a too frequent commission of that vile practice, Onanism, I am become so very weak, that I can scarce retain my urine, and I have almost every night an involuntary emission of seed, which increases my disorder greatly, and sometimes am troubled with fits of the incontinence; the two disorders unite, and return every night; the phantom is that of a woman, which occasions at the same time the pollution.—I hope, Sir, you will consider my distressful situation, and send me such medicines as you think proper, to cure my disorder, and to revive that strength which I have destroyed.

G. M".

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A young man, about 19 years o'd, states, that he was addicted from his youth to the practice of Onanism, which brought on a seminal weakness; that at various times he had pains in his head, breast, hips, loins and back-bone, which latter he chiefly observed in getting out of bed in a morning; he was much troubled with nocturnal and involuntary emissions, and sometimes diurnal ones; he had a continual perspiration about the parts, and swellings in the testicles, which grew dangling; a discharge of semen sometimes came with the urine,

and at stool; his spirits were low, his memory treacherous, and he was much fatigued with the least exercise. Cured by the Cordial Balm of Gilead.



A young man of remarkably strong constitution, who had practised this vice for a great number of years, and then married, found himself too weak to effect co-julation with his wife, and was likewise affected with various pains and much weakness — Having applied to the Doctor, he was happily restored to health and strength by the Cordial Balm of Gilead.



A person who had practised the vice of self-pollution for some time, found himself exceedingly weak, and his health visibly decaying every day; he had also a sharp pain in his testicles, and a settled pain in the small of his back; was much troubled with nocturnal emissions, after which his pains would be more acute; having entered upon a course of the Cordial Balm of Gilead, his health was gradually repaired.




A young gentleman, who had recently practised the vice of Onanism, and subjected himself to lascivious conceptions and dreams, by which a flow of the semen was occasioned, and whose constitution began to shew signs of general weakness, put himself under the care of Dr. Solomon, and was soon re-established by the Cordial Balm of Gilead.



A young gentleman, only ten years of age, was initiated into the abominable practice of Onanism at a large boarding-school, and by continuing it until he was fifteen years old, became so emaciated that he could scarcely be known, and was rendered altogether impotent; he had also frequent pains and itching all over his body. Cured in a short time by the Cordial Balm of Gilead.



When at school I was taught by a school-fellow that baneful habit, Onanism, and without conceiving the crime or knowing the injury I was doing my health, I have continued in the practice of it (I am ashamed to say) upwards of ten years, and had I not fortunately seen one of your pamphlets, entitled, "A Guide to Health", in a bookseller's shop, of whom I was induced by the title to purchase it, in all probability I should have continued it to this day. When I sit down to business I frequently find, as it were, my brains turned topsy-turvy; I have frequent violent pains in the head, and shoots as if a vessel gave way; added to this, I find myself completely debilitated, and not able to enjoy the embraces of a woman, as I cannot obtain a sufficient erection, but extremely weak and but of momentary duration; and at times, when asleep in bed, dreaming of the fair sex, having involuntary emissions, attended afterwards with heat in the parts, and a very slight erection. Sometimes when warm by the heat of a room, or after dancing, I feel as if a number of pins were pricking me. I had hopes that leaving off the pernicious practice would of itself be my cure, but as it is now nearly half a year I dare not venture longer, but hasten to obtain your advice, &c.

 Cured by a course of the Cordial Balm of Gilead.



A gentleman at Manchester, writes, that he was taught the abominable practice of Onanism at school, when about thirteen years old, and continued the baneful practice till twenty-one, when he became acquainted with its destructive tendency, and abstained from the commission of it; he then expected all would be well, but found himself miserably disappointed.—The genitals were amazingly relaxed; nocturnal emissions were frequently produced, by the image of a beautiful woman being presented to his imagination in a dream, which happened almost every night; his testicles were loose and dangling, attended with a continual perspiration; a breaking-out on his thighs, and insupportable itching all over his body; a total incapacity for

the act of coition, which he had never been able to effect; he was also troubled with a violent and obstinate cough, and spitting great quantities of thick phlegm of a yellow colour.

After having tried many medicines to no effect, this gentleman was at last cured by a course of Dr. Solomon's Cordial Balm of Gilead.


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A gentleman who had habituated himself for some time to the destructive vice of Onanism, complained of a great weakness in the nerves, seminal weakness, great pains, that he made but a very small quantity of water, which was high coloured; he had continually an inward fever, his hair was continually wet with cold sweats; very frequently a noise in the intestines, and of a costive habit.—The Cordial Balm of Gilead was administered with effect.

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A gentleman, when he was 22 years of age, began the practice of Onanism, and continued it unremittingly for some time, which brought on him an obstinate nervous complaint, with a constant ringing in the head, an acute head-ach, and great pain in his stomach.

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A young man, who had practised the horrid crime of Onanism for three years, writes, "that about half a year after he had discontinued the practice, he was seized with a very severe cough, and spitting of thick cream-coloured matter, which most affected him when he rose in the morning or attempted to walk fast; to close his eyes in the night became very awful to him, for instead of enjoying rest, his mind was confused with foolish imaginations, which occasioned emissions of the semen, and was followed by rumblings of the bowels and flying pains in various parts of the body, the semen sometimes flowing without an erection; the private parts are very small, and the extremity subject to small horny pimples, and excessive itchings about night."  Cured by the Cordial Balm of Gilead.

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A young gentleman communicates a remarkable case of his beginning the practice of self-pollution at the age of six years, by squeezing his penis between his hands until he felt a pleasurable sensation, and continuing the practice constantly, which, after some time had the effect of producing semen. At sixteen he chanced to see a book, entitled Onania, which opened his eyes to the great criminality and dreadful consequences of this habit, and had sufficient resolution to desist, though he has frequent nocturnal emissions. The effects on him were great weakness, deafness at times, and a clouded mind bordering on stupidity; many pimples breaking out on his face and chest, and an alteration from a fair and florid complexion to a swarthy one; a cloud obscuring his sight on intently viewing any object, or reading, writing, &c. and a deep remorse of conscience.

*The following letter is too important to be withheld from the public.*  
Gentlemen, Colne, Sept. 24, 1798.

I am, from the use of a bottle of Cordial Balm of Gilead which I bought of you, restored from great weakness, debility, pains in the back and head, to health; I had long been a sufferer; it was occasioned by a nervous complaint, originating by having made too free with my constitution.—Had it not been for Dr. Solomon's Balm of Gilead, I might still have laboured under that distressing and afflicting complaint.—Pray send me another bottle by the carrier, and oblige yours truly,

FREDERICK GARDINER.

*To Messrs. R. Byrne, & Co. printers, &c. Burnley, Yorksbire.*

The following case is too interesting to be omitted,—  
\* The various remedies I've sought for an unfortunate malady I labour under, and without the desired effect, proves it a dreadful one indeed! There is still a hope in you. It proceeds from a *malus habitus*, at a boarding-school, contracted at



fifteen, inadvertently pursued till twenty, and the consequences have raged till now, twenty-eight years of age. You will naturally conclude it has proved a seminal weakness, nocturnal emissions, impotency, &c. and I have taken a large quantity of Dr. Hodson's and Dr. Smith's Restorative, Falk's Analeptic Tincture, &c. &c. without effect. The tone of the parts is deficient, and the erections very imperfect the smallest irritation or even a dream creating emissions. I observe your advertisements as to the Cordial Balm of Gilead; but before I proceed to purchase it, have thought it wise to ask your advice on the nature of my malady. I resort to you, my good Sir, as a friend, and hope you will treat my application with your full opinion of, and best attendance to my case, and we may hereafter correspond to our mutual satisfaction, and my own comfort. If you point out what medicines you think will help me, as far as possible, it will confer an obligation on, Sir, &c.

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Another patient writes—"It is with much shame I am at last induced to address you on my enervated situation, occasioned solely, I am convinced, by having contracted in my early youth a most infamous habit, the continual practice of which has totally destroyed my constitution; the health of my body is not only affected, but the powers of the mind are much weakened; my judgment has lost its solidity, and my memory its retentive faculties; so that I can call no past transaction distinctly to my mind, with all its connexive circumstances, only from some confused and irregular ideas; my head is confused and subject to frequent swoonings, and I have been much troubled with an oppression at my breast, which occasions a constant perspiration. I have pains in my stomach, and weakness and general debility all over me, with continual yawning and sleepiness; my appetite is fluctuating; my spirits greatly depressed, so that at times I can scarce refrain from sighing and involuntary weeping; my eyes are inflamed and frequently emit a watery humour; in a word, I am an object

of misery, and I apply to you, my dear Sir, confident from what I hear of your great abilities, and the extraordinary efficacy of your medicines, that if good can be done for me, I must hope for it only from you. You will please, therefore, to send me what medicines and instructions you think proper, and no expence on my part shall be wanting. I am, &c."

☞ Cured by a course of the Cordial Balm of Gilead.

.....  
 It is impossible to insert all the cases and cures which DOCTOR SOLOMON is in possession of...It is, however, earnestly to be wished, that unwary youth would guard themselves from those fatal rocks, on which thousands have been unfortunately wrecked.  
 .....

As the above complaints seldom come within the observation of gentlemen in the general line of practice, it is no reflection upon their knowledge or judgment to say, that very few of them have an opportunity of that experience, which is the only solid foundation of medical fame: whilst Dr. Solomon's very extensive practice, and particular attention in these cases, enable him to afford that permanent relief to such unfortunate patients, as, perhaps, they cannot experience under any other physician in the kingdom. And it is with the greatest pleasure and satisfaction that he acknowledges the candour and liberality of those Gentlemen of the Faculty, who have so distinguishedly countenanced his claim to public approbation, as to recommend patients to his care.

Persons, however young, who have in the least given way to the delusive habit of self-abuse, should lose no time in applying to him, from whom they will meet with that tenderness and fidelity which such cases demand.

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## GENERAL DIRECTIONS

for taking the

*CORDIAL BALM OF GILEAD.*

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In all cases where the Cordial Balm of Gilead is administered (unless ordered to the contrary) is only to take from two tea-spoonfuls to two table-spoonfuls, (according to the age or constitution of the patient), half an hour before breakfast; about five o'clock in the evening; and about an hour after supper; by itself, or in a tea-cup or wine-glass of water, or white wine, Madeira, or sherry.— After the first bottle, the patient may also take a tea-spoonful or two of the Cordial about eleven o'clock in the forenoon.

A particular regimen or diet is unnecessary, reason and experience dictating every patient to use food of an easy digestion, and such as perfectly suits the appetite; and though forbearance is strictly enjoined them not to fall into excess, yet the constitution should be well supported, that nature, assisted by the Cordial, may have strength to throw off every noxious quality in the blood: and hence it follows, that living low, or weakening the

constitution by bleeding, purging, &c. must be carefully avoided. Persons of a cold constitution should eat and drink such things as carry a warmth into the blood; others of a hot constitution should use that which is cooling. It is not the quantity which a person eats, but what he digests, which nourishes best; and that food is most proper, which agrees best with the stomach.

Some disorders have been many years in proceeding to such a degree of malignancy as cannot be eradicated in a few weeks; therefore it is in order to encourage a steady perseverance in the use of proper means, that Dr. Solomon has adopted the plan of his boxes, with two large bottles, containing the quantity of twelve small ones, packed up safe for the country.



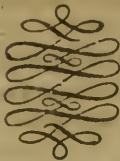
THE  
CORDIAL BALM OF GILEAD

is in flint glass square bottles, with these words  
impressed on the glass,

“THE CORDIAL BALM OF  
GILEAD,

Prepared by Dr. Solomon,  
Solomon's Place, Brownlow Street,  
Late of Marybone, Liverpool.”

And with each bottle is given the following copper-plate certificate, signed by the Doctor himself, which is chequed and numbered, and will detect a counterfeit sort immediately:



“Solomon's Place, Brownlow Street, late of  
No. Marybone, Liverpool.

“I Certify that this Cordial Balm  
of Gilead is genuine, and was truly  
prepared by me,

S. SOLOMON, M. D.”

Entered by (Clerk's Name.)

Observe also, on the outside of the wrapper is a fac simile of the Doctor's hand-writing, which must correspond with the *real* signature to the certificate, sealed up *within* the said wrapper with a seal bearing the Doctor's arms and crest:

ARMS,—A Rose between two pierced Hearts:—CREST  
—A Demi of Rampan bearing a Rose.

With this Impression round it,  
Cordial Balm of Gilead.

Each bill of directions contains a copy of Dr. Solomon's *Diploma* or Degree of Doctor in Medicine as a regular Physician, granted to him by the University and College of Physicians.

All such as do not answer this description are assuredly counterfeits; and the Doctor will pay a Reward of FIFTY GUINEAS, on conviction of any person vending a spurious sort of the Cordial Balm of Gilead.

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*Observe the following Affidavit.*

LIVERPOOL, to wit.

SAMUEL SOLOMON, of Liverpool, Physician, came before me and made oath, that he is the *sole inventor* and preparer of a Medicine, called the *Cordial Balm of Gilead*, and that *he never discovered the ingredients from which it is prepared to any person whatever.*

*S. Solomon.*

Sworn at Liverpool, before me, one of his Majesty's Justices of the Peace for the said Borough.

*Thomas Golightly.*

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# THE DIPLOMA

Or Testimonial of the Degree of Doctor in Physic, granted to SAMUEL SOLOMON, at the Marschal College and University of Aberdeen.

(Translated from the Latin copy, viz.)

To all and singular persons who may read, peruse, and to whose knowledge the privilege of the Degree of Doctor of Physic, by us granted, may come, We, the Doctors, Masters of Arts, and Professors, in the Marschal College and University of Aberdeen, send greeting!

As it has been an ancient and laudable custom, that those who have applied themselves to learning, with much labour and assiduous study, should be honoured with some singular mark of distinction, as a testimony of their successful perseverance, and a reward for their extraordinary merit, that the rising generation may be incited by such examples, to pursue the arduous, but glorious career of erudition and virtue:----- For which reason, we hereby do signify to all persons whatever, that the learned gentleman, SAMUEL SOLOMON, Esq. having studied and practised for many years, and thereby acquired so great a proficiency in the salutary Art of Medicine, that we have found him well deserving of the highest honour we can confer upon him.

Therefore, We, the aforesaid Doctors, Masters of Arts, and Professors, with the unanimous consent of the Rector and Principal of the University, do declare and appoint the above SAMUEL SOLOMON, DOCTOR OF PHYSIC, WITH FULL LICENCE AND AUTHORITY for exercising his profession, delivering Lectures, teaching and explaining the Art of Physic, in every part of the world:-----And, We, also, confer upon him, by virtue of this public instrument, all the Privileges, Immunities, and Honors annexed to that Degree, in their utmost Extent, according to the Form, Spirit, and Intention of the Statutes of this College and University.

In proof and attestation of which, we have affixed the Great Seal of our University, and our respective Names and Signatures, to this Diploma.



GEO. FRENCH, Medicine Doctor,  
Professor of Chemistry, and  
Professor Promoter, P.T.

GUL. LAUR. BROWN, S. S. T. P.  
et Gymnasiarcha.

J. BEATTIE, L. L. D. Mor. P. P.

PAT. COPLAND, Math. P.

JO. STUART, Lit. Gr. P.

JAS. BEATTIE, Jun. P. P.

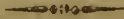
ROB. HAMILTON, L. L. D. P. P.

JAS. KIDD, L. L. O. O. O.

*A few out of above Twelve Hundred*

## Respectable Attestations,

*Unparalleled by any other advertised medicine in the world—given voluntarily by men of character and respectability—men who have daily witnessed the efficacy of Dr. Solomon's medicines, and observed their sterling merit.*



FROM THORNE, NEAR DONCASTER.

### *Extraordinary Cure*

Of Mr. JOHN MULLINS, principal Clerk of Messrs. Ellison, Parker & Browne, Iron and Raft Merchants, Thorne, near Doncaster.

Sir,

Through a relapse of a severe nervous fever, in October, 1800, I was brought into a deep decline, accompanied by constant profuse sweats, as obliged me to change my linen two or three times a day, and was given up by the faculty as incurable; my cough, which had been gaining ground for some time, was very violent indeed, and caused me to expectorate great quantities of viscid and offensive matter: I was totally deprived of sleep for a long time: I thus became weak, emaciated, and so helpless that I could not cross the room without being supported by my wife and daughter: I was so nervous, that though I have seen persons tremulous from a paralytic stroke and from the effects of an ague fit, they were not in such a deplorable state as I was at times for hours together. I was in this forlorn and helpless condition when your valuable, nay, inestimable, CORDIAL BALM OF GILEAD was first administered to me, in doses of three tea-spoonfuls, three times a day, which was gradually increased to four tea-spoonfuls four times a day; I found benefit directly, my cough began to mend, and in about three weeks



it was quite gone ; in like manner did this Balm brace my nerves, create an appetite, promote natural rest, and gradually invigorate my whole frame ; in a word, I recovered ! and thank God, I have not had the least return since ; I enjoy better health than ever I did before, quite free from the slightest nervous symptom.

Mr. Sheardown, of Doncaster, from whom the Cordial Balm of Gilead was obtained, as well as all who knew me, consider my recovery as little short of a miracle ! and, if people labouring under consumptive or nervous disorders would have recourse to this grand medicine the Cordial Balm of Gilead, I make no doubt of their deriving the same benefits ; and for the good of mankind I wish it was more generally known and resorted to. Some of the Cordial being also given to an infant daughter of mine when in convulsions, it had an instantaneous and wonderful effect in recovering her.

You are at liberty to make this public in any manner you may think proper ; and am, Sir, your obliged humble servant,

*Thorne Quay, 11th March, 1802.*

JOHN MULLINS

To S. SOLOMON, Esq., M. D. Liverpool.



FROM DUBLIN.

*To S. Solomon, M. D. Liverpool.*

No. 23, Mary's Abbey, Dublin, 25th February, 1801.

Dear Sir,

I write to return you thanks for having, thro' the wonderful power of your truly valuable medicine the Cordial Balm of Gilead, restored my wife from a lingering illness of nine years standing, to a perfect good state of health. The nature of her complaint was a most severe asthma, attended with loss of appetite and indigestion, and every symptom of nervous decay, for which various remedies were prescribed and taken, but to no good or lasting effect, till recourse was had to your invaluable Cordial, four bottles of which perfectly restored her to a state of health she has a long time been a stranger to, in consequence of which, and for the benefit of the afflicted, you have my permission to make the cure known to the public, should you think proper.

I am, Sir, your obedient servant, SWEETT GWYNN,  
Drug, Oil & Colour Merchant.



## FROM PENRITH.

“A young Lady near Penrith, in the county of Cumberland, was long afflicted with a consumption so deeply that her life was despaired of; in this situation she was recommended to take Dr. Solomon’s Cordial Balm of Gilcad, which restored her to perfect health, to the surprize and joy of her friends and relations...Mr. Anthony Soulby, bookseller, Mr. Merrick Thompson, check-manufacturer, Penrith, and Mr. Munnerly, at Mr. Fletcher’s Printing-office, Chester, have attested the truth of this wonderful cure”.

## FROM HEREFORD.

An Officer of the 7th Dragoon Guards, on the 22nd Feb. 1801, waited on Mr. T. Watkins, High Town, Hereford, and requested him to forward the particulars of his extraordinary cure to Dr. Solomon, of Liverpool, for publication.

CASE...He had long been subject to a nervous disorder, which affected his whole frame, his hand shook so violently that he could not write...Seven bottles of the Cordial Balm of Gilcad perfectly cured him, and he can now write as well as ever he could in his life.

*Two more Cases communicated by the same.*

A Gentleman was cured of a bilious complaint of long standing, by a few bottles of the Cordial Balm of Gilcad.

A Lady who was for years afflicted with hysteric and nervous affections, and subject to fits, was also cured by the Cordial Balm of Gilcad two years ago, and has not had any return of her complaints since.

The above cases I attest, and will refer any enquirer to the parties themselves.  
T. WATKINS.

## FROM WHITEHAVEN.

*Extract of a Letter from Mr. John Ware, of Whitehaven, to Dr. Solomon, dated March 7th, 1799.*

“Respecting the sale of the Balm of Gilcad in this neighbourhood, for the most satisfactory reply to your enquiry I must refer

you to my repeated orders for it. These may indeed be small in comparison with the demands from more populous districts; but I do assure you that I have never undertaken the sale of a medical article (even at HALF the price) which has been so generally called for; and you are sensible that there is now (at the end of the fourth year) no diminution; on the contrary, it would now be more than ever inconvenient to be a single day without it. You will therefore be pleased to dispatch a fresh supply per the first coach, that the sale may not receive a check, and my customers be disappointed".



### FROM GLASGOW.

*To S. SOLOMON, M. D., Liverpool.*

Dear Sir,

GLASGOW, 18th Feb. 1799.

The fame of your Cordial Balm of Gilead has spread like electricity or lightning in this place: A gentleman who used it only a few days says it has renewed his youth: in short, all who try it fairly, acknowledge the great benefit they derive from it... The best proof I can give you of its success is, that though I sell every patent medicine of repute in the kingdom, such are the beneficial effects of the Balm of Gilead, that I sell more of it than I do of all the rest, which must be the result of the benefit derived from it in a number of complaints; and every one telling another of the great effects of this truly wonderful medicine... I have the authority of the first personages and gentry in Scotland, to make use of their names in referring any one to them for information relative to its efficacy, but who do not wish to have their names in print... In addition to the 40 dozen half-guinea bottles which I have just received, (my last supply of double that quantity being gone), please to send per first vessel for Greenock, 2½ of the 5L. cases without fail, as nine of them are bespoken.

I am, dear Sir, yours, &c.

ANGUS M'DONALD.



## FROM CARLISLE.

Mr. Jollie, of Carlisle, declares, that for a long series of years, during the whole course of his business, he never had so great a demand for any other medicine as for the Cordial Balm of Gilead.

## FROM POOLE.

*Extract from the Salisbury Journal, August 22, 1798.*

“The printer of this paper has received information from Mr. J. Moore, of Poo’le, dated the 13th of June, stating that several gentlemen have taken the Cordial Balm of Gilead at that place, and have experienced great benefit indeed; the first bottle gave one of them the most wonderful relief, and a few more effected a complete cure of a deep decline.

## FROM KENDAL.

SIR,

*Kendal, March 2, 1797.*

Many respectable characters in the neighbourhood of Kendal, have declared that your Cordial Balm of Gilead has proved, to their certain knowledge, a most salutary and sovereign medicine for those complaints which it is recommended in that interesting publication of yours, entitled, “A Guide in Health”; and they have found it perfectly to agree in every instance wherein it has been tried. I have therefore to request that you will have the goodness to send me another large supply per first carrier, as I have not a single bottle left, and likewise some copies of your new edition of the “Guide to Health”.---Inclosed is a bank-note, which please to place to the credit of my account.

I am, Sir, your very obedient servant,

MICHAEL BRANTHWAITTE,

Bookseller & Paper-maker, Kendal.

## FROM SHREWSBURY.

To S. Solomon, Esq. M. D. Liverpool.

SIR,

Of your popular medicine, the Cordial Balm of Gilead, I have sold several large packages I ordered from you, and have begun upon the last box, which I received a few days ago, and expect the bottles will be gone in a very short time. I would wish you therefore to send me another supply of twelve dozen by the first carrier, together with the parcel of the Treatises of the "Guide to Health", which I ordered of you some time back, and which would have been all sold, had they been ready when I ordered them.

The Cordial Balm of Gilead is in great repute in this part of the kingdom, and I have heard great commendation of it from the ladies and gentlemen who have purchased it.

Inclosed I send you a bank note, which please to put to the credit of my account; and am, Sir, your very  
humble servant, THOMAS WOOD,  
Printer of the Shrewsbury Chronicle.



## FROM MANCHESTER.

To S. Solomon, Esq. M. D. Liverpool.

SIR,

The demand for your Cordial Balm of Gilead, has certainly been more than for any medicine that has ever come within our knowledge and experience; and from the continuance and increase of that demand, as well as from the expressions of approbation which we have heard from the purchasers, we believe it to be intrinsically salutary, balsamic and good, well calculated to administer to the comforts and relief of the afflicted.

We are, yours, &c.

COWDROY and BOWDEN,  
Printers of the Manchester Gazette.

FROM HULL.

To Doctor Solomon.

SIR,

I have sold a number of bottles of your Cordial Balm of Gilead, and have not heard a single complaint against it; so far from that I sold two bottles to a Gentleman Farmer at Barrow, near Hull, who informed me his son had found himself much better after taking them: I believe it was for a nervous complaint.

Yours, respectfully,

W. RAWSON,

Printer of the Hull Advertiser.

FROM EDINBURGH.

SIR,

*Edinburgh, 11th Jan. 1798.*

The cures effected in Scotland by your medicine, the Cordial Balm of Gilead, in a variety of singular cases within my knowledge, has rendered the sale thereof rapid beyond example in this part of the island. I have therefore to request you will lose no time in forwarding me a very large supply by the first carrier.

I am, Sir, very respectfully,

Your obedient servant,

J. BAXTER,

Italian Warehouse, South Bridge.

*To Dr. Solomon, Liverpool.*

FROM BATH.

*From Wm. Meyler, Esq. Member of the Common Council of the City of Bath.*

The Cordial Balm of Gilead, I declare that I have always heard the greatest encomiums of; it has given universal satisfaction to those who have tried it.

W. MEYLER.

## FROM BIRMINGHAM.

*Extract of a Letter from Mr. Swinney, letter-founder, Birmingham, to Mr. Schofield, Printer, Dale-street, Liverpool, dated Nov. 7, 1798.*

“ Pray have the goodness to inform Dr. Solomon, that a Gentleman in this neighbourhood was for a year and a half so ill, that he could scarcely keep sustenance enough to support life, and that he is now perfectly recovered by the Cordial Balm of Gilead.



Mr. Swinney, Printer of the Birmingham Chronicle, in a letter to Dr. Solomon, also says, that he has frequently sold bottles of the Cordial Balm of Gilead to the same people, at various times, and never had any complaint to its prejudice; on the contrary, the demand being so great that he requests an immediate fresh supply per first conveyance.



## FROM LUDLOW.

SIR,

I have the satisfaction to inform you, that I have only two bottles of your Cordial Balm of Gilead left unsold; and as a proof of the efficacy of the medicine, several of the most reputable persons in this neighbourhood have repeated their purchase, and acknowledged to have received great benefit from taking it. I am, Sir, yours, &c.

THOS. GRIFFITHS, LUDLOW.



## FROM STAFFORD.

To S. Solomon, Esq. B. D. Liverpool.

SIR,-- You need not be informed that I have sold in the course of three months, several large supplies of your Cordial Balm of Gilead, and a great number of that interesting publication the “ Guide to Health”. The sale of the medicine in this neighbourhood, has in-

deed exceeded all calculation, and its wonderful efficacy is a subject of conversation in almost every company. A person in this country has been in such a melancholy state for several years past, as to sit in the house almost continually in the same posture, without ever going into the street. After having taken three or four bottles of your Balm of Gilead, he experienced a surprising alteration; his melancholy by degrees gave way, and he calls upon and converses cheerfully with his neighbours, and he is perfectly recovered.

J. DREWRY,

Printer of the Staffordsh. Advertiser, Stafford.



FROM WORCESTER.

To S. Solomon, Esq. B. D. Liverpool.

Sir—Since I wrote you an answer to your last letter, I have sold the remaining part of the Cordial Balm of Gilead; I must therefore request a fresh supply immediately, as I should be sorry to disappoint the patients who are now taking it. I have the satisfaction of saying, that two ladies who have had several bottles, experienced great benefit from it, and mean to recommend it strongly. I am, Sir, yours respectfully,  
*Worcester.* THOS. HOLL.



FROM STOCKTON.

To S. Solomon, Esq. B. D. Liverpool.

Sir—In consequence of the surprising cure performed by your Cordial Balm of Gilead, on Mr. Wilkinson, of this place, (who wrote you an account of his case and cure), we continue to have a great demand for the medicine. Indeed several other persons in this place and neighbourhood have received great benefit from it. You will immediately send us another box



of the medicine same as last, with the addition of a dozen of your "Guide to Health", by the first carrier.

We are, sir, your obedient servants,  
*Stockton.* CHRISTOPHER & JENNETT.

~~~~~  
 FROM CLICHESTER.

Information has also been received from Mr. R. Phillipson, Bookseller, Cliechester, that many wonderful cures have been performed by the Cordial Balm of Gilead in that neighbourhood, in consequence of which the demand for it is astonishingly great.

~~~~~  
 FROM WHITEHAVEN.

I have the satisfaction to assure you, that your medicine the Cordial Balm of Gilead, has not undeservedly gained so great a reputation in the vicinity of Whitehaven—many cases could be adduced wherein it has been highly efficacious; among the rest, a gentleman of my acquaintance waited upon me and entreated that I would make you acquainted with the wonderful cure he had experienced by the use of a few bottles of it, which he purchased of me. His complaint was of the Nervous kind, and of many years standing, and though many remedies had been unsuccessfully tried, nothing but the Balm of Gilead produced that happy change in his whole system, which he had for many years sought in vain.

If further information is necessary, you may refer any respectable enquirer, by letter, post paid, to

Your most obedient humble servant,  
*Whitehaven.* WILLIAM ALBIN.

P.S. I have sold great quantities of the half-guinea bottles of the Cordial Balm of Gilead, and nothing has added a greater sanction to my shop as a young beginner, than having it in my possession.

~~~~~

## FROM LIVERPOOL.

To S. Solomon, Esq. M.D. Liverpool.

Sir—We declare that we have sold a great number of bottles of your Cordial Balm of Gilead, and never heard the least complaint against that medicine, which we consider of real virtue and efficacy.

MERRITT & WRIGHT,  
Printers of the Liverpool Phœnix.



## FROM LEEDS.

To S. Solomon, Esq. M.D. Liverpool.

Mr. A. Holmes, jun. Leeds, likewise adds his testimony to the great demand, extensive sale, and salutary efficacy of the Cordial Balm of Gilead.



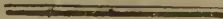
## FROM STOCKPORT.

J. Clarke, printer and bookseller, says, the demand for the Cordial Balm of Gilead, in the town and neighbourhood of *Stockport*, (at which place he is the only vender), increases daily; and, judging from the celebrity it has so universally gained, as well as from local evidence, he entertains not a doubt of its efficacy in those complaints for which it is recommended.



## FROM WREXHAM.

Mrs. Ann Tye, bookseller, Wrexham, informs Dr. Solomon, that she was cured by the Cordial Balm of Gilead, of a Nervous Complaint, Flatulence, and fixed Pain in the Stomach, of many years standing, and has heard great encomiums bestowed on it.



## INSTRUCTIONS

to be observed by those afflicted with

*Nervous, Consumptive, and Hypochondriac  
Complaints,*

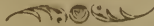
AND TO ALL PERSONS WHO LABOUR UNDER ANY  
WEAKNESS OR DEBILITY, SCORBUTIC OR  
SCROFULOUS HABITS, FROM WHATEVER CAUSE  
ARISING,

*While under a Course of*

THE CORDIAL BALM OF GILEAD,

OR

THE ANTI-IMPETIGINES.



As Dr. SOLOMON'S practice is now become so great and extensive, and his constant engagements require a considerable portion of his time and attendance, he expects, *when consulted*, the usual compliment of a GUINEA; but all written cases, or letters of advice, to be answered *at his leisure*, are required to *inclose* only HALF-A-GUINEA.

Such letters should for safety, be thus directed;  
“*Money letter.—Dr. Solomon, Solomon's Place,  
Liverpool.—Paid (double) postage*”.

*A Saving of Six Dollars.*

THE CORDIAL BALM OF GILEAD and ANTI-IMPETIGINES is sold in bottles, price 3 dollars

each; there are also boxes, price 30 dollars, containing equal to twelve bottles at 3 dollars, by which the patient saves 6 dollars. These can be had at the Doctor's Place, Brownlow Street, Liverpool.

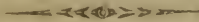
It is necessary to observe that the postage of *all letters whatever* is to be paid, and the carriage of *all parcels*, or a sufficient sum inclosed for that purpose, over and above what is to be returned in medicines. But in order to encourage patients to send to the proprietor for them, (by which means they will be sure to have them genuine), for a remittance of a *Five Pound Bank Bill*, he will return medicines to the amount of Six Guineas.

Persons who do not wish to have their names known, may have their answers directed to W. Z. to be left at————till called for.

Those who wish to have the medicine immediately from the Doctor, by sending the money for any quantity they think proper, (and in small orders one shilling more for the box), will have them sent by such carrier as they shall appoint. Orders with a draft for any sum may be sent by coach, and the balance will be returned in the box; or orders with cash may be inclosed in a box or small parcel, by any of the coaches, diligences, or waggons, and will be duly attended to.

As it is frequently the desire, and in some cases absolutely necessary, for patients to be under Doctor Solomon's immediate inspection, Gentlemen may be supplied with every accommodation of board, apart-

ments, and attendance, in his own house, on terms that will meet with approbation, according to the circumstances of the case, or nature of their accommodations, with or without the use of the Doctor's chariot or carriage.



For the sake of those who desire, through the blessing of God, to retain the health which they have recovered, or are under a course of the Cordial Balm of Gilead, or the Anti-Impetigines, for the recovery thereof, I have added a few plain easy rules.

The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of water with a toast.

Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

Every one who would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

The great rule of *eating and drinking* is to suit the quality and quantity of the food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy upon the stomach.

All pickled or smoked, or salted, or high-seasoned food, is unwholesome.

Nothing conduces more to health, than abstinence and plain food, with due labour.

For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, is sufficient.

Strong, and more especially spirituous liquors, are a certain, though slow poison. Experience shows there is very seldom any danger in leaving them off all at once. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

Malt liquors, except clear small beer, or small ale, of due age, are exceedingly hurtful to tender persons.

Coffee and tea are extremely hurtful to persons who have weak nerves.

Tender persons should eat very light suppers; and that two or three hours before going to bed.

They should constantly go to bed about nine, and rise about four or five.

A due degree of exercise is indispensably necessary to health or long life.

Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

We may strengthen any part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and nerves by riding; the arms and hams, by strongly rubbing them daily.

The studious ought to have stated times for exercise, at least two or three times a day; the one half of this before dinner, the other before going to bed. They should frequently shave, and frequently wash their feet.

Those who read or write much, should learn to do it standing; otherwise they will impair their health.

The fewer clothes any one uses, by day or night, the hardier he will be.

Exercise should always be on an empty stomach; should never be continued to weariness; and after it, we should take to cool by degrees, otherwise we shall catch cold.

The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

Cold-bathing is of great advantage to health; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender people should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost, is too great a shock to nature.

Costiveness cannot long consist with health; therefore care should be taken to remove it at the beginning; and when it is removed, to prevent its return, by soft, cool, open diet.

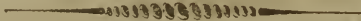
Obstructed perspirations (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

The passions have a greater influence on health than most people are aware of.

All violent and sudden passions, such as grief and hopeless love, bring on chronical diseases.

Till the passion which caused the disease is calmed, medicine is applied in vain.

The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy and perfect calm, serenity and tranquillity it gives the mind, it becomes the most powerful of all the means of health and long life.



*The proper dose of the Cordial Balm of Gilead*

is from two tea-spoonfuls to two table-spoonfuls an hour before breakfast; about ten: five o'clock; and an hour before supper, either by itself, or in a wine-glass of madeira, sherry, water, or any other convenient liquid.

It is in vain for people to take medicine for any disorder whatever, if they do not pay some attention to their mode of living, during the administration of proper remedies; for the best prescriptions may be rendered useless by inattention to these particulars; whilst good nursing, and a due regard



to diet, are great assistants to the most able physician. It is therefore desired that particular attention may be paid to the directions concerning regimen, which are treated of in this book, under their respective heads.

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As a promise is sacred, however unfairly extorted, it would be unkind for the reader to impute the insertion of the following petit piece to the vanity of the Author.

### IMPROMPTU,

On reading in the Morning Chronicle, that Dr. SOLOMON, of Liverpool, had subscribed the Sum of a Hundred Pounds, towards the laudable and liberal Contributions, raised in that Town for the Relief of the Poor, in the Winter of 1801.

ROYAL Solomon, reckon'd the wisest of Kings,  
 Did a wonderful Number of wise and good Things :  
 And his Namesake the Doctor, lay Truth at his Door,  
 Has, in this, done a real good Thing for the Poor :  
 But as, under the Rose, it is well understood,  
 That he is the wisest who does the most good :  
 As we lend to the Lord, to the Poor what is given,  
 And the Lender is richly rewarded in Heaven ;  
 Was King Solomon living, and I his Adviser,  
 I would' tell him he could not do better nor wiser.

So far, to the DOCTOR, Encomium is due,  
 But of where he resides if we take a Review,  
 Though, 'tis true, a cool Hundred's a truly good Thing,  
 And the Praise of the Giver the Pauper may sing,  
 There are those that have long held their Residence there,  
 Who would Thousands bestow, had they Thousands to spare.

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## LIST OF AGENTS.

*The Cordial Balm of Gilead, the Anti-Impetigines, and the "Guide to Health", may be obtained every day, at Dr. Solomon's house, Solomon's Place, Brownlow-street, Liverpool;*

And, for the accommodation of the afflicted, of the following respectable Agents, viz.

- I**N LONDON, Mr. Mathews, No. 18, Strand; } *Wholesale*  
 Messrs. Dacey & Co. Bow Church Yard; } *Agents.*  
 Mr. Tutt, Royal Exchange.
- I**N DUBLIN, at the Wholesale Warehouse for Ireland, No. 7, Royal Exchange Court;  
 Mr. Davidson, No. 1, Parliament-street;  
 Mr. N. Calwell, College Green;  
 Mr. Dugdale, Dame-street.
- I**N CORK, Mr. Ha'ley; Mr. Davies.
- I**N GLASGOW, Mr. Angus M'Donald, Jeweller, Trongate.
- I**N EDINBURGH, A. Smith, Perfumer, North Bridge, *Wholesale Agent*;  
 Mr. J. Baxter, Italian Warehouse, } *South Bridge*;  
 Mr. R. Scott, Apothecary, }  
 Messrs. Davidson & Gladwin, Confectioners, No. 45 St. Andrew's-street;  
 Messrs. Husband, Eider & Co.  
 Mr. Raeburn, Perfumer, North Bridge-street.
- I**N JERSEY, Stead.—**I**N GUERNSEY, Guerin.
- I**N BARBADOES, R. N. Garner.
- I**N KINGSTON, Jamaica, Mr. A. Menzies, Druggist.
- I**N BENGAL, Messrs. Tabreston & Co.  
*Calcutta*, Mr. William Ardeston.
- I**N PETERSBURGH, Martin Leand. Soltan & Co.
- I**N PARIS, Cit. Mornay, 2, Rue Favarit.
- I**N MADRID, Don Antonio Gomez.
- I**N HAMBURGH, Mr. William Remnant
- I**N VIENNA, Heren Kirkebeck
- I**N NEWFOUNDLAND, D. O'Connor, Port de Grave.

## AMERICA.

NEW-YORK, R. Bach, 128, Pearl-street; *Wholesale Agents*,  
J. & M. Paff, 127, Broad Way.

*Brocklyn, (Long Island)*, Thomas Kirk, printer.

*Albany*, Samuel Dexter, druggist.

NEW JERSEY --- *Princetown*, J. Harrison, post-master.

*Elizabethtown*, S. Kollock, printer.

PENNSYLVANIA.---*Philadelphia*, George Shaw & Co. 97,  
Chesnut-street;

W. Lehman & Co. 97, South Second-street.

MARYLAND.---*Baltimore*, A. Aitkin, 2, South-street.

MASSACHUSETTS.---*Boston*, Thos. Bartlett, 13, Cornhill  
*Salem*, Cushing & Appleton.

*Newburyport*, B. Emerson, post-master.

*Portland*, Dr. S. Erving.

*Northampton*, Simeon Butler, post-master.

CONNECTICUT.---*New London*, Sam. H. P. Lee, druggist.

*Hartford*, Hudson & Goodwin, printers.

*New Haven*, Joseph Darling, druggist.

VIRGINIA.---*Richmond*, Wm. Pritchard, bookseller.

*Petersburg*, W. Moore, druggist.

*Alexandria*, Edward Stabler, druggist.

*Norfolk*, Dr. Frederick Heerman, Main-street.

RHODE ISLAND.---*Providence*, J. Carter, jun., printer.

*Newport*, Charles Fike, druggist.

NORTH CAROLINA.---*Wilmington*, A. T. Brown, Front-st.

GEORGIA.---*Savannah*, George Harrel, druggist.

SOUTH CAROLINA.---*Charlestown*, Dr. Jos. Kirkland, 237,  
Meeting-street.

COLUMBIA District.---*Georgetown*, Jno. Ott.

NEW HAMPSHIRE.---*Portsmouth*, C. Pierce, printer.

*And by whomsoever the General Agents appoint in their  
respective Districts.*

*Also, by one or more Agents in every Country Town  
in the United Kingdom, viz.*

Alnwick Graham and Smith	Burton-on-Trent, Dodsworth
Atherstone, Leigh	Bangor, Ra brook
Aylesbury, Wheeler	Baumans, Allen
Athby-de-la-Zouch, Dewes,	Bradford, (Yorksh.) Nicholson
Beaifmore	Bradford, (Wiltsh.) Hopkins
Aberdeen, Murch. J. Anderson	Baltimore, (Amer.) A. Aitkin,
Ashbourn, Oakes. Walker	druggist
Aberavenny. Price	Boston, (Amer.) Bartlett, drugg.
Axminster, Bull, Robertson	Belfast, M'Gee
Alton, Roc	Bridgnorth, Gtton
Arundal, Blanch	Bromsgrove, Prowett, Rose,
Abingdon, Cripps, Watts	Greening
Abergely, Davies	Beccles, Horth
Athlone, Daley	Bishops Stortford, Jones
Alston, Harrop	Blandford, Simonds, Durdon
Ayr, Forlyth, Miller	Sollers
Ashford, Muons & Thornton	Burslem, Tregortha
Bolton, Gardner	Baaff, Cave, White
Bury St. Edmunds, Rackham,	Brigg, Nicholson and Hayes
Ingram, Dingle	Biddlington. Holby, Stephenson
Birmingham, Swinney	Bosworth, Sheafstone
Blackburn, Waterworth, Ed-	Bu y, (Lancashire), Howard,
dlestone	Hartley, Haworth
Bristol, Pine & Son, W. Brown,	Boston, Proud
Norton, Routh, Shiercliff,	Barnstable, Syle
Emery & Adams, Sheppard,	Biddesford, G. Smiths, Manning
Bulgin	Bungay, Dibal, Miller
Bath, Cutwell, Meyler, Hooper	Buxton, Moore
and Keene, Hazard, Barratt,	Bakewell Stanforthi.
Smith, Rumming	Brosely, Guest
Berwick on Tweed, Phorson,	Bridport, Tucker, Roberts
Carr	Bridgwater, Tazewell, Poole
Bedford, Smith	Bewd y, Parvington
Barnsley, Bent	Bicester Stephens
Basingstoke, Goovey, Hulbert,	Brentford, Norbury
Mathews	Beaminster, Hine
Beverley, Turner	Bishops Waltham, Jennings
Boston, (Lincolnshire) Hellaby	Baintre, Shearcroft
Brightonstone, Gregory,	Bnbury, Besley, Marriott
Crawford	Ba dock, M. son
Brecknock, W. and G. North	Barnard Castle, Proctor

Bedall, Watfon	Carrick-on-Suir, Cantwell
Buckingham, Seeley	Deby, Drewry
Burford, Swanceet	Devizes, Lowe
Coventry, Rolafon, Luckman and Suffield, Merridew	Jav ntry, Robins
Canterbury, Bristow, Keene, Simmons & Kirkby, Saffery	Darlington, Appleton, Darnton, Heavyfides, Naylor
Chelmsford, Meggy & Chalk	Doncafter, Sheardown, D.Boys
Chester, Fletcher, Poole & Son	Durham, Clifton, Pennington
Caftor, Booth	Denham, Abbot
Chatham, Ethington	Deal, Roff, Long, Sharpe
Cambridge, Hodfon, Gee, B. Flower, O. Gregory	Drayton, Armstrong
Carlisle, Jollie, Scott	Dundee, Allan, Swapp & Co.
Chefterfield, Ford	Dumfries, Dickfon, Inglis
Chippingham, G.ombs	Dartmouth, Jackfon, Burroughs and y, Rann, Hughes
Cirencefter, Smith, Stevens	Dochefter, Virtue, Lockett, Frampton
Colchefter, Keymer, Marsden	Driffield, Ethington
Chard, Gundry, Wellington, Whit:	Denbigh, Rolin
Congleton, Dean	Dallert, Meggit
Carmarthen, J. Daniel	Dunfermline, Forheringhame
Chichester, Sumner	Dumbaro, Bell
Cardiff, Bird, Gaves	Doleington, T. klove
Chesterham, Harward, Buckle, Frecman, S. den	Dartford, Sanham
Crewkerne, Wills	Dover, Ledger, Neales
Cupar, Dempster	Dunstable, Queensborough
Cleobury, Newall	Dursley, Moore, Harding
Cockermouth, Walker	Deptford, Davis
Ca'ne, Bail y	D rham, Barker
Castle Ca'e, Francis	Demerara, Warkins
Corfe Castle, Butler	Dublin, No. 7, Exchange Court, Davfon, Calwell, Dugdale
Chatteris, Currys, Bearcock	Dife, Brown
Clitchester, Phillipson	Dunham, Smith
Corshan Kingon	Droghda, Holan
Croydon, Shrey, Ward	Donaghadee, Leman
Cheptow, Morris	Der y, Buchanan & M, Corkill
Clapham, Britton	Dugannon, Boadans
Choppington, Gukes	Dowpatrick, Gardner
Caarna von, Owens	Exter, Trewman and Son, Sweetland, Dodge, Woolmer,
Chelam, Edwards	Portury, Penny
Clonmell, English, Gordon	Ely, Buckenbury
Cork, Haley, Davies	Evesham, Agg

Egham, Boulton	Hythe, Jarvis
Eaton, Smith	Hinkley, Hulfe
Edinburgh, Smith, North-bridge	Hastings, Barry
Baxter, Husband and Co.	Harwich, Ennefer, Sickleprice
Scott, Davidson & Gladwin	Horncastle, Weir
Ellesmere, Birch, Baugh	Holbeach, Quincey
Epfom, Parish	Highgate, Elson
Eastbourn, Heatherley	Hammersmith, Roberts
Falmouth, Elliott, Walker	Henley-on-Thames, Norton
Faversham, Coventry, Creed	Hanley, Allbut and Son
Folkstone, Perdie	Hexham, Dickenson
Frome, Daniel, Hassal, Carey	Haltworth, Knevet
Farringdon, Herbert	Hawick, Gray
Farnham, Mrs. Cook	Hamburgh, W. Remnant
Fowey, Lukey	Hay, Howel
Gloucester, Walker, Pytt	Harleston, Sewel
Gosport, W. S. & I. B. Harding	Ipfwich, Middleditch, Jermyn
Gainsborough, Towne	Inverness, M <sup>o</sup> Intosh and Co.
Glasgow, Angus M <sup>o</sup> Donald	Ilchester, Gumbleton
Gravensend, Dadd	Imminster, Mulser, Moore
Grantham, Hurst, Mitton	Ipsford, Perryn
Guernsey, Guerin	Irvine, Young
Guilford, Ruffel, Piggot	Jersey, Sead
Godalming, Cook	Kendal, Branthwaite
Glastonbury, Crowe	Kelfo, Scott, Palmer
Greenwich, Braine	Kirkcudbright, M <sup>o</sup> Millan
Greenock, Forsyth,	Kilmarnock, Browning
Girvan, Crawford	Kington Burham and Strange
Galway, Clayton	Knaresborough, Hargrove
Hereford, E. G. Wright, Al-	Kidderninster, Gower
len, Watkins	Kingsbridge, Nicholson
Hull, Rawson and Co.	Kington, Evans
Halifax, Edwards and Son	Kensington, Bronker
Harborough, Harrod, Dawson	Knutsford, Leech
Haverfordwest, Owens	Kevedon, Fox
Hitchin, Meers	Kilkenny, Finn, Laprelle
Huddersfield, Brook & Lanca-	Leeds, Binns, Holmes, Wright
shire	Liverpool, Bowman, Lord-str.
Howden, Savage	Merritt and Wright, T. & J.
Honiton, Tooze, Williams	Bruster, bookfellers, Cafs,
Billet, Clarke, Rogers	druggist, Kent, Market-place
Helston, Mathews, J. and W.	London, Matthews, 18, Strand,
Rogers	Dacey & Co. Bow-church-yd.
Huntingdon, Jenkinson	Tutt, Royal-Exchange

- Lancaster, Carruthers, Walmsley, Clarke, Minshull  
 Leicester, Gregory, Swinfen, Combe  
 Leominster, Barrow  
 Lewes, Lee, Pitt  
 Lincoln, R. and C. Drummond, Brook  
 Litchfield, Morgan  
 Loughborough, Adams  
 Louth, Sheardown and Son, Jackson  
 Lynn, Hedly, Gales, Pigge  
 Ludlow, Griffith  
 Launceston, Martin, Manning  
 Llandoverly, Rees  
 Leek, Chall nor, Lowe, Smith  
 Lymington, Jones, Wickendon  
 Leith, W. Coke, bookseller  
 Lutterworth, Wood  
 Lowestoff, Newson  
 Langholm, Irving  
 Linton, Pitt  
 Lyme, Hutchings  
 Liskeard, Wadge  
 Long Bennington, Lee  
 Llanwrst, Hughes  
 Luton Mead  
 Londonderry, Kelfo  
 Leighlan Bridge, Gregory  
 Limerick, Watson, Goggin  
 Lisburne, Ward  
 Larne, Dutton  
 Manchester, Staines, Harrop, Lynch, Thomson, Atkinson, Ha greaves  
 Macclesfield, Coates, Hadfield, Bayley  
 Morpeth, Wiikinson  
 Monmouth, Tudor, Heath  
 Marlborough, Harold  
 Mansfield, Sheppard, Robinson, Harrod  
 Malton, Horsley, Flower  
 Malden, Carter  
 Maidstone, Blake, Walker  
 Margate, Rowe, Hoile, Silver  
 Montrose, Paton, Craigie  
 Marrazion, Dewen  
 Melksham, Bourne, Hoare  
 Maidenhead, Bimell  
 Malmsbury, Grimm, Lea  
 Minchinhampton, Stratton, Stockwell  
 Mallow, Constant  
 Nottingham, Burbage & Stretton, Sutton, Dunn & Biggs  
 Newcastle-upon-Tyne, Brown, Walker, Hodson, Humble  
 Norwich, Bacon, Stevfenson & Co  
 Newport, (Isle of Wight) Albin  
 Nantwich, Snelson, Craig  
 Northampton, Marshall, Dicey and Co., Edge  
 Newark, S. & J. Ridge, Helt and Hage, Tomlinson  
 Neath, Evan Rees  
 Newbury, Fuller, At'ee  
 Newport, (Salop) Brown  
 Northallerton, Langdale  
 Northwich, Maddock  
 Newcastle, (Staffordsh.) Chester, Smith  
 Northleach, Eccles  
 Newport Pagnel, Barringer  
 New-York, R. Bach  
 Newton-Bushell, Sweeting  
 Nuncaton, Kilkby  
 Northwold, Slade  
 Norfolk, (America) F. Heerman  
 Nailsworth, G. Weir  
 Newry, Gordon  
 Nenagh, Dillon  
 Newtown-Ards, Price  
 Ofwestry, Salter, Edwards, Williams  
 Oakhampton, Bazley  
 Oundle, York

Paisley, Browning	Stafford, Drewry, Morgan
Penrith, Soulbv	Shrewsbury, Wood, Eddowes,
Portsea, J. & W. Buckland,	Sandford
Woodward, Knapp	Sh. rborne, Goadby and Co.
Portsmouth, Donaldson, Belam,	Crutwell, Hodges, Penny
Mottley, Sharp	Saxmundham, Knight
Plymouth, Barnickel, Richards,	Southampton, Baker, Skelton
Nettleton, Patey	Salisbury, B. C. Collins
Plymouth Dock, Hoxland,	Shaftsbury, Adams
Cock, perfu ner	Saffron Walden, Paine
Peterborough, Jacob	Stoarbridge, West, Rollaston
Poole, Moore	Shepton-Mallet, Carey, Stone
Preston, Sergeant, Addison	Stockton, Christopher & Jenn. t,
Petersfield, Emes, Richardson	Appleton
Penzance, Hewitt, Trembath,	Spalding, Albin, Wilcockson
Bull ck, Ha vey, Fisher	Southwell, Croft
Pockington, Brown	Sunderland, B. Bray
Pertn, Johnson and B. flet	Swaffham, Sudbury
Pentefract, Lindleys	Sandwich, Cocking and Son
Pontypool, Bealles	Shifnal, Scarrot, Field
Pedilow, Dungey	Stockport, J. Clarke, printer
Parson's Town, Howe	Scarbro', Turner & Aintworth
Reading, Smart and Couflade,	Stokeley, Duck
Snare	Stoford, Obbinton
Rugby, Rowell	Stratford on Avon, Keating,
Rochester, Etherington	Walford
Rippon, Farrar	Stone, Chew
Rotherham, Wilson	Stony Stratford, Richardson
Rochdale, Greenlees, Hartley	Skipton, Newton
Rumfay Holis	S. mert n, B rrough
Ruthyn, Roberts	Southampton, Huxtable, Dee
Rye, Meryon	St. Neot's, Sharp
Rugeley, Moxon	Swansea, Olivant, Allen
Ramsgate, Burgefs, Witherden	Spilsby, Hoff
Retford, Peart	St. Ives, Croft, W. F. Paul
Rofs, Roberts	St. Austell, N. Garbis, Higman
Rickmanfworth, Plaftow	St. Alban's, Hul, Evans
Rochford, Wade	Sulbury, Buktt
Richmond (Yorksh) Craggs	S. dbury, White, Bruton
Royton, Lees	Sevenaks, Clout
Rochester, Marshall	Stroud, Jenner, Mills
Sheffield, Person, Gale, Rid-	Sutton, Prior
gard and Bennet, Jennings	Sockbridge, Corfe
Stamford, Newcomb, Drakard	St. Ivingbourn Senior



- South Creak, White  
 Staines, Gubbins  
 Shields, (South) Bell  
 Shields, (North) Appleby,  
     Barnes  
 Selby, Milne Adams  
 Stowmarket, King  
 Settle, Trouz ton  
 Strabane, Gamble  
 Southwold, Club  
 Sligo, Gray  
 Stranraer, Taylor  
 Stirling, Anderson  
 Taunton, Norris, Joggett, Poole  
 Truro, Tregoning and Philp,  
     Thomas, Buckland, Mudge,  
     Harry  
 Towcester, Wilcox  
 Tiverton, Quick, Boyce  
 Tamworth, Baker  
 Totness, Cleave and Fisher,  
     Cornish, Lathy  
 Tadcaster, Bell  
 Trowbridge, Long, Ching  
 Tenby, Gower  
 Tunbridge, Sprange, Cox  
 Tewkesbury, Dyde  
 Tidswell, Bramwell  
 Tavistock, Row  
 Tisbury, Bence  
 Twickenham, Mortimer  
 Tunbridge-Wells, Knight  
 Torrington, R. Tapley  
 Tralee, Bustead  
 Thraps ton, Ward  
 Uttoxeter, Woolrich, Bladon  
 Uppingham, Cook  
 Ulverstone, Soulby  
 Uxbridge, Lake, Mountfey  
 Worcester, Tymbs  
 Wakefield, Meggit, Hurst,  
     Wood  
 Walfall, Milward  
 Whitehaven, Ware  
 Weymouth, Wood, Thorn,  
     Harvey  
 Warwick, Sharpe, Perry, Ayers  
 Winchester, Robbins, Long  
 Winborne, Hassay  
 Wigan, Lyon, Simcock  
 Wrexham, Tye, Taylor, Painter  
 Well nborough, Sanderfon  
     and Co.  
 Warminster, Brodribb  
 Wells, Evill  
 Warrington, Bancks, Eyres  
 Whitechurch, (Salop) Wright  
 Whitby, Yeoman, Rogers  
 Woodbridge, Loder  
 Wisbeach, White  
 Wirksworth, Taylor  
 Windsor, Blakeney  
 Workington, Lewthwaite  
 Wotton-under-Edge, Bence,  
     Poovey & Co.  
 Wellington, (Salop) Houlston,  
     Walmsley  
 Wolverhampton, Simpson  
 Winster, Woolley  
 Welshpool, Evans  
 Ware, Newman  
 Wycombe, Eedes  
 Wareham, Wright  
 Wallingford, E. Button  
 Woolwich, Michel  
 Wakering, Catlin  
 Whittlesea, Plumer  
 Wigton, Hudson  
 Warrford, Ramsay and Co  
 Wexford, Brennan  
 York, Wilson and Spence, Blan-  
     chard, Tesseymann, Peck  
 Yarmouth, Ward  
 Yeoville, King  
 Youghall, Green



OBSERVATIONS  
ON THE  
*Use & Abuse*  
OF  
***COLD BATHING.***

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The present fashion, which prevails among all ranks and conditions of people, of assembling in crowds all the summer long, at watering places to bathe, by which custom a number of individuals are every revolving year suddenly taken off, by cramps and spasms upon the obstructed viscera; it surely becomes extremely proper that some necessary preparation should be seriously attended to, before we hastily and inconsiderately plunge into the Sea.

Immersion in cold water is undoubtedly a custom which lays claim to the most remote antiquity ; indeed it must have been coeval with man himself. The necessity of water for the purposes of cleanliness, and the pleasure arising from its application to the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct many of them are led to apply cold water in this manner ; and some, when deprived of its use, have been known to languish, and even to die.—But whether the practice of cold bathing arose from necessity, reasoning, or imitation, is an enquiry of no importance ; the most material business is to point out the advantages which may be derived from it, and to guard people from an unprepared and too hasty a use of it.

The cold bath recommends itself in a variety of cases ; and is peculiarly beneficial to the inhabitants of populous cities, who indulge in voluptuousness, and lead sedentary lives. In persons of this description the action of the solids is always too weak, which induces a languid circulation, a crude indigested mass of humours, and obstruction in the capillary vessels and glandular system. Cold water, from its gravity as well as its tonic power, is well calculated either to obviate or remove these symptoms. It accelerates the motion of the blood, promotes the different secretions, and gives permanent vigour to the solids. These important purposes

are always most essentially answered by sea-bathing ; for salt water ought to be preferred, not only on account of its superior gravity, but likewise for its greater power of stimulating the skin, which promotes the perspiration, and prevents the patient from catching cold.

Whatsoever is to be effected by bracing the solids, invigorating their vibrations, and accelerating the motion of the blood, is with certainty to be obtained from the judicious use of the Cold Bath.

All diseases from a sily blood and a lentor in the animal juices, if the elasticity of the vessels is not worn out with age or debauches, will find relief from the Cold Bath, as Rheumatisms of the most obstinate kind, hypochondriacal affections, and debility from a too indulgent and inactive way of life. Whatsoever inconveniences likewise proceed from a bad transpiration, or when humours are thrown upon the surface, which cannot get through, but ulcerate, blotch and deform the skin, this remedy will be of service in. For upon immersion the whole nervous system is so shook, that the very capillaries feel the influence, and the minutest passages are forced open by an increased velocity of the circulating fluids, whereby the skin will be cleared, and instead of entertaining gross acrimonious humours, transmit only the imperceptible matter of perspiration.

It is however necessary to observe, that cold bathing is more likely to prevent, than to remove, obstructions of the glandular or lymphatic system.

Indeed, when these have arrived at a certain pitch, they are not to be easily removed by any means. In this case the cold bath will only tend to aggravate the symptoms, and hurry the unhappy patient into an untimely grave. It is therefore of the utmost importance, previous to the patient's entering upon the use of the cold bath, to determine whether or not he labours under any obstinate obstructions of the lungs or other viscera: and where this is the case, cold bathing ought strictly to be prohibited, until the passage of the lungs be cleansed and opened, and every symptom of inflammation entirely removed.

Very fat or corpulent persons should avoid the cold bath, for their fibres are so stuffed round, and as it were bolstered up, that they have no room to vibrate or contract, with the sudden squeeze of the bath; instead therefore of enforcing their springs and shaking off any unnecessary incumbrances, they will only be strained to no purpose, and consequently weakened; for wheresoever an effort is made to remove any thing by an elastic body, if the first exertion fails, every impetus afterwards languishes, and the spring is spoiled.

In what is called a plethoric state, or too great a fulness of the body, it is likewise dangerous to use the cold bath, without due preparation. In this case there is great danger of bursting a blood-vessel, or occasioning an inflammation of the brain,

or some of the viscera. This precaution is more essentially necessary to those who live high, and are of a gross habit. Yet it is very remarkable that these are the people who resort with the greatest ardour to the sea-side, and plunge into the water without the least consideration. No doubt they often escape without injury; but so many are instantaneously carried off by a cramp, apoplexy, &c. that no sanction can be given to the practice.— On the contrary, no person ought to bathe, until the body has been previously prepared by some active stimulus on the blood and bowels.

Another class of patients who stand peculiarly in need of the bracing qualities of cold water, is the nervous. This includes a greater number of the male, and almost all the female inhabitants of great cities. Yet even these persons ought to be cautious in using the cold bath. Nervous people have often weak bowels, and may, as well as others, be subject to congestions and obstructions of the viscera; and in this case they will not be able to bear the effects of the cold water. For them, therefore, and indeed for all delicate people, the best plan would be to accustom themselves to its use by the most pleasing and gentle degrees. They ought to begin at the warmest season, and gradually use it as the cold increases, till at length the coldest will prove quite agreeable. Nature revolts against all sudden transitions! and those who do violence to her dictates, have often cause to repent of their temerity.

To young people, and particularly to children, cold bathing is of the last importance. Their lax fibres render its tonic powers peculiarly proper. It promotes their growth, increases their strength, and prevents a variety of diseases incident to childhood. Were infants early accustomed to the cold bath, it would seldom disagree with them; and we should see fewer instances of the scrofula, rickets, and other diseases, which prove fatal to many, and make others miserable for life. Sometimes, indeed, these disorders render infants incapable of bearing the shock of cold water; but this is owing to their not having been early and regularly accustomed to it. It is however necessary here to caution young men against too frequent bathing; as I have known many fatal consequences result from the daily practice of plunging into rivers and continuing there too long.

I would particularly recommend the use of the cold bath to all persons of a debilitated constitution and a relaxed fibre; for weakness of the back and reins, scrofula, swellings, and relaxation of the joints, and all nervous affections. For the sedentary and studious I would likewise recommend the same practice: as it will in some measure supply the place of exercise, and give tone and vigour to the muscular system; for there is not, perhaps, in the whole compass of the *Materia Medica*, a more powerful bracer than the cold bath. Yet its use ought to be adopted with the utmost precaution, and not before

the circulating mass has undergone a salutary preparation.

The most proper time of day for bathing is, no doubt, the morning, or at least before dinner; and the best mode that of quick immersion. As cold bathing has a constant tendency to propel the blood and other humours towards the head, it ought to be a rule always to wet that part first, or as soon as possible. By due attention to this circumstance, there is reason to believe, that violent head-achs, and other complaints, which frequently proceed from cold bathing, might be often prevented.

The cold bath, when too long continued in, not only occasions an excessive flux of humours towards the head, but chills the blood, cramps the muscles, relaxes the nerves, and wholly defeats the intention of bathing. Hence, by not adverting to this circumstance, expert swimmers are often injured, and sometimes lose their lives before any assistance can be given. All the beneficial purposes of cold bathing are answered by one single immersion; and the person ought to be rubbed dry the moment he comes out of the water, and should continue to take exercise for some time after.

It must be allowed by every physiologist, by every pretender to medical experience, that the principal preparation necessary for sea-bathing is, to be careful that the veins, arteries, nerves, and vessels of the whole body are completely open, or at least are free from any absolute obstruction. The action of



the water upon the circulating system is so great, that the blood, and all the animal juices, are propelled with such astonishing rapidity through the body, that should an obstruction in the vessels suddenly check their progress, a vein bursts, cramp ensues, or convulsive spasms seize the vital parts, and either sudden death, or a dangerous disease, is the natural consequence.

From the experiments Dr. Solomon has had such frequent opportunities to make, in Liverpool, Margate, Southampton and Scarbro', he is warranted in recommending the Cordial Balm of Gilead, as the most safe and most effectual medium, by which the vessels of the human body can be perfectly and completely prepared to sustain that severe shock the whole system is made to undergo, by sudden immersion in the cold bath, If it be taken night and morning, in the quantity of a large table-spoonful in a wine glass of cold spring water, for only one week before the cold bath is used, every obstruction of the vessels will be timely removed; the viscera and vital organs will be strengthened and cleansed; the bowels will be gently lubricated and opened, and the whole body will be found in a state that will become quickly susceptible of the benefits of sea-bathing; and of which those who have attentively perused the foregoing cases, or after a single trial of the medicine will consult their own feelings, they will very soon be convinced. Nervous and weakly persons should bathe only every other day, and in some cases only

twice a week, and take the Cordial Balm of Gilead every night and morning, or three or four times a-day. Those who bathe every morning, ought to take a dose of the medicine every evening. One single bottle will quickly prove its efficacy, and establish it as a cordial companion to the bathing places.

When cold bathing occasions chilliness, loss of appetite, listlessness, pain of the breast or bowels, a prostration of strength, or violent head-achs, it ought to be discontinued.



J. Clarke, Underbank, Stockport, printer.

